

FAT CHAT

Oct 23 -
Dec 18

Therapeutic group where we talk all things FAT



NAILAH WILDS, LCAT-P, DMT

Nailah Wilds is a dance/movement therapist who is passionate about creating spaces for marginalized peoples. She is not afraid of the word FAT and believes we all deserve to feel liberated in our bodies as they are. She's also a diehard NY Knicks fan (please refrain from any and all jokes).

JESSICA ELWART, LCAT, RDT

Jess is a Drama Therapist who has a passion for folx in fat bodies. Her work is centered on fat liberation, fat acceptance and body image preservation. When she isn't trying to end fat oppression you will find her eating tacos.



SIGN UP TODAY

Sundays 10.23.22-12.23.22 10:30am-11:45am

Fee: \$50/session - if you can pay more to help out participants who struggle financially, let us know. If fees are a struggle, let us know

Email: jessicaelwarttherapy@gmail.com