

# RESTORE FAMILY THERAPY

Virtual & In-Person Meal Support



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LED BY:  
MEGAN CONNOLLY, MS, RD  
MEAL SUPPORT  
SPECIALIST

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HOURS VARY | \$60

2339 11TH STREET, ENCINITAS, CA 92024

Virtual and in-person meal support sessions enable clients to eat a meal or snack with the support of Megan, a Registered Dietitian. During meal support, clients are encouraged to set an intention for the session and identify their hunger/fullness levels before and after eating in order to increase awareness at the meal. Megan guides clients in utilizing coping skills in order to manage disordered thoughts, emotions, and urges that emerge while eating. Additionally, Megan redirects eating disorder behaviors and promotes the development of appropriate meal-time behaviors. With Megan's support, clients can overcome mealtime challenges, consume 100% of the meal or snack, and practice skills that can be used during future meals/snacks to further improve meal plan compliance.

