



## Authentic Connection for Fat and Larger Bodies

This group is for fat and larger bodies interested in forming deep, meaningful connections with other fat and larger bodies. Be seen, be heard, feel valued and accepted as you are.

Together, we will:

- Create a brave space where you can develop a deeper understanding of yourself and others.
- Experience emotional intimacy and non-judgmental support.
- Practice communicating openly and authentically. Speak for what you notice in the present moment. Listen to understand.
- Experience changes in relationship with your body and others' while in community with one another.
- Hold space for members who want to share experiences of other phobias and isms.
- Work through conflicts with the support of the facilitator and group.



### Why Authentic Connection (AC) for Fat and Larger Bodies?

Fatphobia is perpetuated by a multibillion-dollar diet and exercise industry and supported by other industries (ex: medical, fashion, media.) My hope is AC members will experience radical change in relationship with their own body and have more choices in responding when experiencing fatphobia from others and one's own self.

### What this group is not:

- A place to promote diet or exercise programs. If you are dieting or in an exercise program, you are invited to share your feelings of your experiences. We will speak and listen to connect - not judge, change, or shame one another.
- A therapy or support group. AC can supplement individual or group therapy.



**When** there are enough interested members, I will email possible times to meet.

- The group will meet on Zoom twice a month for two hours
- Groups are 6-7 adults, including facilitator

**Cost:** \$150 per month includes:

- Initial 30-minute consultation
- Includes (2) two-hour meetings per month
- Rotating 30-minute consultation (1-2 per year).



**Facilitator:** I am Andrea Nus. I identify as fat, able-bodied, white, heterosexual, cisgender, neurodivergent, child-free and married living on Očhéthi Šakówiŋ [oh-CHEH-tee shaw-KOH-we], Sauk, Meskwaki, and Kiikapoi [kick-uh-poo] land in Cedar Rapids, Iowa. I am a licensed marriage and family therapist trained in Internal Family Systems and Intimacy from the Inside Out. As an AC facilitator, I also participate while modeling AC. My continued experience in an AC group has led to increased awareness, confidence, and self-acceptance while forming deep bonds.

For more information or to sign up: 319.849.8688, [andrea@choicesinside.com](mailto:andrea@choicesinside.com), [www.choicesinside.com](http://www.choicesinside.com).