

Mind.  
Body.  
Spirit.

## Program Director



Tori Payton, MS, LD,  
RD, Director of Meal  
Support Group

Tori graduated from Georgia State University with both a Bachelor of Science in Nutrition degree and a Master of Science in Nutrition and Dietetics degree with a concentration in pediatric/adolescent nutrition. She is passionate about nutrition in relation to mental health and has experience specifically in nutrition for eating disorders. She loves helping clients learn to nourish their bodies and improve their relationship with food through nutrition counseling and education in 1-on-1 sessions and in group settings.



## Our Mission

To address the epidemic of eating disorders and the underlying trauma by providing education, research, and financial assistance for treatment to all qualified individuals through well-administered programs. These programs include care at these levels: outpatient, intensive outpatient, partial hospitalization, and residential care.



## Contact Us!

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Virtual  
Eating Disorder  
Recovery Meal  
Support Group

# Virtual Support

Join this unique and empowering experience in cultivating a healthier relationship with food.

This program meets in a virtual session where participants can connect, share experiences, and support each other on the journey to improved well-being.

Benefit from expert guidance as a registered dietitian leads the group, providing a platform to ask questions and foster meaningful discussions on your path to recovery.

\$20 fee per group. Insurance is not billed.



The Missing  
Piece in Eating  
Disorder and  
Trauma  
Recovery!

## Who it is for:

- You are in need of extra support around eating meals in addition to other therapy/ nutrition you are doing
- You would like practice mindful eating and have support navigating and honoring hunger/ fullness cues
- You would benefit from a safe and supportive space to have meals with others that are also working on their recovery journey

### Meeting Times:

- Friday 12pm – 1pm EST
- 4th Saturday of each month 12pm- 1pm EST



Sign up for groups



Surviving to Thriving to Leading!

## What does a meal support group look like:

- A time to check in, assessing hunger level, as well as any thoughts and feelings around the meal
- A 1 hour group that offers a safe and supportive environment for eating and processing
- The group will be facilitated by a registered dietitian with time and space to ask questions and have discussion with others on their recovery journey
- A time to notice fullness level and feelings at the end of the hour

