**Group Appointment**

**SESSION 4 Obesity and The Role of the Mind**

**Objectives:**

1. Parents will learn that depression and stress due to immigration may affect eating habits leading to obesity.
2. Parents will learn healthy aspects of their traditional diet that should be maintained.
3. Parents will recognize and avoid unhealthy American habits.
4. Parents will learn healthy coping skills for depression and stress.

**Activity Schedule:**

**4:30 – 4:45 pm Registration** *(Promotora)*

**4:45 – 5:00 pm Welcome** *(Provider/Promotora)*

**5:00 – 5:45 pm Discussion with Parents** *(Provider/Promotora)*

* **Stress and Depression due to Immigration**
* **Excessive Eating as Coping Mechanism**
* **Identification of Healthy Ways to Cope**
* **Healthy Aspects of Hispanic Diet**
* **Unhealthy American Foods/Drinks**

**Art Project with Children** *(Guest)*

**5:45 – 6:00 pm Review Progress with Action/Plan/s** *(Provider)*

*5-11 ACadiz*