

THE CHRONIC ILLNESS CONNECTION

Starting September 28 th

MONDAYS BI-WEEKLY

VIRTUALLY 6:00 - 7:30 PM

A 6-session support group for women in Colorado to foster connection & learn skills to help navigate the unique struggles that women with chronic illness experience.

GROUP OBJECTIVES:

- Connect with others who relate
- Process feelings of loss, dismissal, and being misunderstood
- Learn and utilize new skills for coping, self-advocacy, & self-care
- Identify ways to adjust and thrive

Insurance Accepted!

Self-pay \$40/Week

SECURE YOUR SPOT:

Sophia French (Group Lead): sfrench@embracewellnesscs.com

Amber Simon (Lead Therapist): asimon@embracewellnesscs.com

719-428-7854

www.embracewellnesscs.com/groups

EMBRACE
WELLNESS

counseling
services