

LIVING WELL WITH ILLNESS & PAIN GROUP

Urban Health Counseling



Living Well with Illness & Pain

Designed for adults struggling to cope with an illness, injury or pain. Medical problems, new or ongoing, can flip your world upside down. Get support around addressing the emotional impact of living with pain/illness like anxiety, depression, grief, and relationship challenges.

- Required individual session \$120. Min of 4 session commitment for continuity and cohesion of the group.
- Group to meet for 6 weeks, 3-8 people. \$70/session or \$400 paid the beginning of first group

- Learn coping skills and discover new ways to enjoy a meaningful life.

What: Support and Coping Skills Group

When: Wednesdays 6:00PM - 7:30PM

Where: Virtual Group

Register by phone or email:

510-369-5909

urbanhealthgrouppllc@gmail.com