

CHRONIC ILLNESS AND PAIN SUPPORT GROUP



Reduce chronic illness related distress:

- make connections in a safe space
- learn coping strategies and self-advocacy
- process distress related to medical experiences



MONDAYS 11AM-12.30PM
STARTING OCTOBER 21, 2024
9 WEEKS
at MOSAIC Family Counseling Center



Criteria for participation:

- 18 years or older
- chronic illness diagnosis
- mental health diagnosis
- capable of sitting independently for 1.5 hours

Call to schedule an intake

515-724-8920

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