

Arches Counseling and Trauma Treatment

Therapeutic Movement Group

for people who have chronic pain, fatigue, mystery ailments or other forms of trauma lodged in the body

Wednesdays 9:00 - 10:30am

Fall sessions:

F1 Sept 7, 14, 21, 28

F2 Oct 5, 12, 19, 26

F3 Nov 2, 9, 16, 30

virtual or

in-person

at 10 Pearl St Essex Jct
3rd floor

This group will begin and end with discussion among group members, facilitated by a licensed mental health therapist.

The movement portion will be a gentle yoga class offering modifications for every body, incorporating movement with breath.

Participants may attend virtually or in person. The small studio space is limited to four participants.

Most insurance plans will cover the cost of the therapeutic group with a referral by a licensed mental health provider or physician.

This four-week series will repeat. Participants who cannot commit to all four weeks are encouraged to attend the next session. Arches CTT is also offering drop-in classes. See www.archescctt.com for details.

For more information, to register, and/or to reserve your spot in the studio, email hillary@archescctt.com.