



Managing Chronic Illness/Pain Mixed Age Group

Virtual meeting for young adult women and gender minorities*

- Find support from others with similar experiences
- Learn from peers how to navigate the world of chronic illness
- Manage your expectations and practice self compassion
- Navigate feeling uncomfortable with the unknown
- Practice self-care and connection
- Psychoeducation around the science of pain
- Must currently be residing in the state of Maryland or Virginia

Meeting: 1st & 3rd Fridays

Time: 11am-12pm

Cost: \$45 per session

Limited to 8 spaces!



Facilitated by Courtney Mack, LCSW-C

*Inclusivity and gender diversity is important in my groups but I try to be mindful of the medical trauma specifically linked to gender within the chronic illness community. Please reach out with any questions and I'm happy to set up a consultation to see if you would be a good fit for this group or another.



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