



Chronic Pain Support

The Center for
Mental Wellness

*IN-PERSON OR ONLINE AVAILABLE



Find Hope in Healing

Chronic migraines, fibromyalgia, arthritis, back & neck pain, TMD, endometriosis, IBS, and others can result in debilitating acute or chronic pain. Coping with chronic pain can feel overwhelming, isolating, and hopeless. Finding support is part of the healing process.

ENROLLING NEW GROUPS IN 2024!

- Build community & support
- Group uses evidenced-based models to increase chronic pain management skills
- Get help to navigate your illness, communicate with family/friends/providers, and advocate for yourself

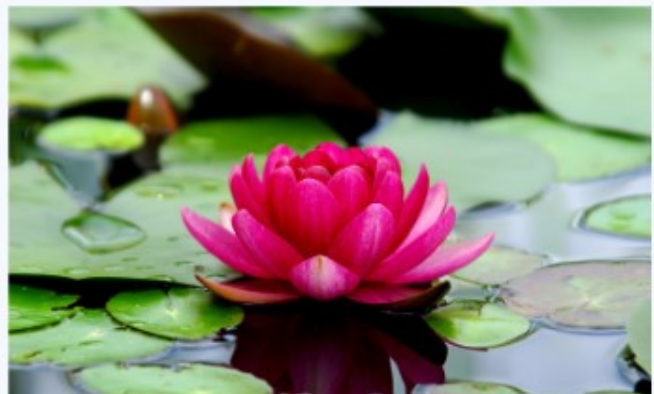
COST: Pay What You Can (suggested: \$25-50/ session)

LOCATION: In-person groups located in Clayton, MO

CONTACT

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Reach out to get
registered or for
additional information



www.MentallyWellSTL.com