

*Change Is Possible Counseling Services, LLC
Presents*

Pain Management Support & Treatment Group



Chronic pain can leave you feeling isolated and overwhelmed. Individuals experiencing such pain can find themselves having difficulty balancing personal relationships, work, and physical limitations. They may now be unable to participate in or may be encountering limitations during activities they once enjoyed.

Change is Possible Counseling Services, LLC is now offering a support group for those experiencing chronic pain.

Individuals will have the opportunity to share their stories with others and make a connection. They will also learn relaxation techniques and breathing exercises that may help relieve pain and reduce stress. Individuals can learn how to listen to and become mindful of their bodies, as well as find coping skills which work best for them.

This group includes education, support, and treatment. Our group is staffed by a Master level intern with consistent and in person guidance by a licensed clinical professional.

Register through your therapist, at the front desk or by calling *Change Is Possible Counseling Services, LLC* at (586) 264-3692.

**The treatment group meets
Twice a month –
1st and 3rd Thursdays
2:30 – 3:30 pm**

**The fee is \$10 per session for each person.
The fee is to be paid in full at the beginning
of each treatment session.**