



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUPPORT WHEN YOU NEED IT



CHRONIC ILLNESS GROUP

Session I: February 9, 16, 23 & March 1

Session II: March 8, 15, 22, 29

from 12:00 – 2:00pm

HOLISTIC CENTER

This group is designed to enhance the physical and psychological health of those diagnosed with a chronic illness.

It is composed of 3 sections: education (10min), group support (45min), and restorative Yoga (60min). The focus of the program is on the emotional reactions, coping and dealing with aspects such as having a hidden disability, the uncertainty of the day to day functioning as well as the future and interpersonal relationships.

The group is not a forum for discussing physicians, medical treatment or specific illnesses.

REGISTRATION IS REQUIRED. Maximum of 15 participates is requested.

Member - free

Non-Members - \$80

Leaders: Barbara Edwards / Licensed Psychologist
Ledys Negron/ CYT, Restorative Certified Trainer

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