

Now Forming:

**Chronic Health Issue Group:  
Fibromyalgia, Chronic Fatigue, Hepatitis C, & Others**

**Wednesday Mornings, 10-11:30 am  
10 Week Group Beginning November**

This is a new group forming for women 25 or older who are struggling to manage a life with a chronic and disabling immune or neurological disorder.

This group experience will:

- ✧ Provide connection and support from others who are experiencing similar frustrations, depression, or changes in life due to their health condition
- ✧ Allow you to learn how to manage your disorder rather than it managing you.
- ✧ Improve life management skills
- ✧ Learn how to communicate your needs more effectively with loved ones
- ✧ Learn mindfulness techniques to reduce pain and/or anxiety
- ✧ Improve your self-esteem and identify
- ✧ Consider employment issues related to symptoms and ways to overcome them

Please make referral to Dr. Beth Sikora at 602-508-9190  
Initial 1 Hour Evaluation Required Prior to Group Attendance

1 Hour Evaluation - \$100 - New Clients Only  
10 Groups @ \$35 each

No insurance will be billed for these groups but a super-bill is provided