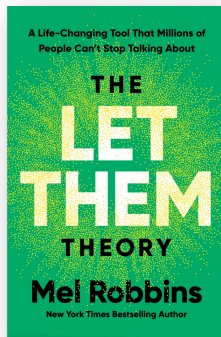


LED BY LAUREN OSSO, LPC



EMBRACE ACCEPTANCE LET GO OF CONTROL

TAKE A DEEP DIVE INTO THE
THEORY THAT CAN CREATE MORE
PEACE IN YOUR LIFE

Philosophies and Psychological
Concepts Included:

- STOICISM
- FRAME OF REFERENCE THEROY
- RADICAL ACCEPTANCE
- DETACHMENT THEORY



FRIDAYS: 12:30-1:30
MAY 2 - JUNE 27
IN PERSON AND ZOOM

- 18+ ARE WELCOME TO JOIN
- USE OF MEDICAL INSURANCE AND CASH OPTIONS AVAILABLE



IF INTERESTED, PLEASE
SCAN QR CODE TO FILL
OUT INTEREST FORM!

LED AMY PANASCI, CERTIFIED HEALTH AND WELLNESS COACH



CAREGIVER SUPPORT GROUP

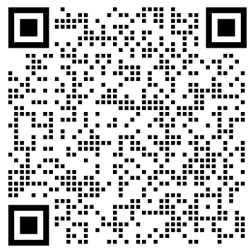
THIS GROUP WILL HELP YOU...



- UNDERSTAND THE IMPORTANCE OF SOUL CARE
- FIND SUPPORTS AND RESOURCES
- COPE WITH FEELINGS OF STRESS, LONELINESS, ISOLATION & BURN OUT
- LEARN STRATEGIES FOR OVERCOMING CHALLENGES AND STRUGGLES
- ADDRESS FEELINGS OF GUILT, ANGER AND RESENTMENT
- EXPLORE SPIRITUAL WELL-BEING

WEDNESDAYS 7PM-8PM,
BEGINNING 5/29 VIA ZOOM

- ADULTS IN A CAREGIVER ROLE
- 8 WEEK GROUP
- \$200 TOTAL



IF INTERESTED, PLEASE
SCAN QR CODE TO FILL
OUT INTEREST FORM!