

INSTITUTE OF MINDFUL THERAPY

LEARNING & LIVING

PAIN & WELLNESS GROUP



Every First Thursday of the Month Starting October 3, 2019

5:00 pm – 6:15 pm

Join us monthly to be together in our shared experience, the struggles and the resiliency of dealing with pain.

Hear and learn from other women who know and believe in your pain and support your healing process.

- Improve coping skills
- Realize you're not alone
- Increase Self -Understanding
- Help Others
- Reduce Stress
- Gain a sense of hope & empowerment

Most insurance accepted or \$50 per week Call or text Jennifer Villena 925.526.5477 or Hannah Goericke at 510.258.9349 with questions