

The Center for Psychological Services

10735 S. Cicero Ave Suite 208 * (708)424-2902

Chronic Pain Management Group

September 16, 2017 through November 4, 2017



DAYS: Saturdays September 16, 2017
through November 4, 2017 (8 sessions)

TIME: 3:15 PM TO 4:30 PM

COST: \$20 per session (Pay in advance or
as you go)

Co-Facilitators: Elizabeth Anson, ATR,
LCPC & Beverly Cox, Ph.D, LCP

For adults dealing with fibromyalgia, auto
immune disorders, severe arthritis, etc.

Sessions Include:

- ❖ Guided Meditation
- ❖ Humor
- ❖ Fun Activities
- ❖ Helpful ideas
- ❖ Coping skills

For more information or to register please
call (708) 424-2902

Space is limited

"With the new day comes new strengths and new thoughts.." – Eleanor Roosevelt