

LIVING LIFE WITH A CHRONIC ILLNESS



8 WEEK SUPPORT
GROUP SESSIONS
FOR \$180

Space is Limited.

Sign up and more information Contact Tara at:
BlueSkyTherapyCenter@gmail.com

Chronic conditions can be debilitating, and not just physically, but emotionally as well. The emotional toll a chronic illness has on a person can be very intense and overwhelming. Often a chronic condition leaves you feeling very isolated. When you are not able to partake in the same activities and tasks as before the illness occurred, you may become discouraged or depressed. Friends and family members may not understand your condition fully and the limitations you may have as a result of your condition. Join us for the support you need to better manage your condition.