

ELEVATE

COUNSELING SERVICES, INC.

The Ways of Wellness
Six Week Group Counseling

Location - Online

Time - 9:45 am to 10:45 am

Dates - Wed Jan 4th to Wed Feb 8th

Facilitated by - Hannah Cunningham, LICSW

Who is this group for? - Young adult college students who identify as 'givers' and experience anxiety

Group Description - Do you feel like you give to others, but you need to improve giving to yourself? Do you feel like you need to practice self-care, but you're not really sure where to start? This group is for you! We will break down the realms of self-care such as physical, emotional, social, spiritual, and professional. We will review concrete actions that you can implement into your day to day life to improve your overall wellness.

Content includes - Wellness, self care, CBT, emotional intelligence, coping skills, self assessments, healthy relationships, communication techniques, boundaries, etc.

Intake – 508 202 1811

Group facilitator - Hannah Cunningham, LICSW - 508 202 1811 ext 21

Payment Info - Most commercial insurances accepted, private pay 20 per session



www.elevate-counseling.com