



RECLAIMING YOUR LIFE:
Living With Chronic Pain or
Chronic Illness.

MAPS Counseling Services

You can reclaim your true Self – even with the toughest of symptoms

When life seems to get smaller and smaller... When it looks like your options are shrinking, there are always choices. Share with others who have similar challenges.

If you are one of the millions of people in the U.S. challenged with chronic pain and/or chronic illness, feelings of being isolated, unheard and misunderstood can be as difficult as pain or illness itself. Often, anxiety, depression and tremendous frustration accompany chronic conditions, leaving one feeling terribly lonely...

MAPS Counseling Services is now offering an **ongoing, weekly group** for those living with chronic pain and/or chronic illness.

WHEN: Every Tuesday

TIME: 11:00 - 12:15 PM

WHERE: Call MAPS for details

- Investigate coping tools including imagery and mindfulness exercises
- Communication skills - learn to better state your specific needs and stay on course
- Research discussions - Who's doing what? Share information about what's out there
- The Spiritual Self: Explore pain and illness beyond the physical
- The Social Self: Is there a stigma around illness perception?
- Use creative arts to explain and name your pain – then move beyond it

Facilitator: Adele Michaelides, MA, is a Clinical Mental Health Counselor at MAPS Counseling Services, with two decades of personal experience with chronic pain. "Reclaiming Your Life" is a self-pay group which offers a sliding scale. The group is ongoing, so new members can join any time. Registration is required. For more information, please call Adele at MAPS at #355-2244, x302, or the business office at #355-2244 x101.



You are Whole. You Matter. Your Voice Counts.

