



# VIRGINIA OAK

COUNSELING

NAVIGATING THE SEASONS OF LIFE

Chronic Illness  
Virtual Support Group

## **Wednesdays throughout the Winter**

1/12, 1/19, 1/26, 2/2, 2/9, & 2/16

11a-12noon

BCBS, Anthem, United insurance accepted

Virtual link provided before sessions begin.



Have you or someone you love recently been diagnosed with a chronic illness? Have you been struggling to cope with processing your diagnosis, side effects of your illness, medication changes, or pain? Have you had a difficult time finding support from family and friends during your chronic illness journey? In this 6-week group, we will explore moving through the five stages of grief; how to accept your diagnosis; creating new, positive coping skills; finding support; changing negative thinking patterns into more positive ones; and looking for the silver linings in this challenging situation.

Registration and more information: [contact@vaoakcounseling.com](mailto:contact@vaoakcounseling.com)

SPACE IS LIMITED, SIGN UP NOW

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