

# Somatic Support for Chronic Pain & Illness

Facilitated by  
Jennifer Knowles, LPC-MHSP (temp)



## Interactive Group

Mondays 6:00 - 7:30 pm  
Online via Zoom  
\$60/ session

This is an eight week process group for 6-10 participants (ages 18 and over).

A unique opportunity to receive multiple perspectives, support, encouragement, and feedback from other CP/CI clients in a safe and confidential environment.

### Process Group Dates for 2024

Group 1: March 4 - April 22

Group 2: Aug 5 - Sep 23

---

## Somatic Support

Thursdays 6:00 - 6:45pm  
Online via Zoom  
\$20/ session

*\*the somatic support group is free for process group participants for the duration of the group*

This is an ongoing open practice, anyone may join. Somatic support includes: guided meditation, gentle movement, guided breathing, progressive muscle relaxation, group hypnosis, and polyvagal toning.

The intention of this group is to introduce you to a variety of somatic techniques so that you may discover the most effective combination for you.



[hazelhouse.net/groups](https://hazelhouse.net/groups)  
615-499-3062