

# Somatic Support for Chronic Pain & Illness

Facilitated by  
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[hazelhouse.net/groups](https://hazelhouse.net/groups)  
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## Chronic Conditions Process Group

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

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

A unique opportunity to receive multiple perspectives, support, encouragement, and feedback from others experiencing chronic conditions.

**Next Group Starts:** Aug 5 - Sep 23, 2024

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*"It made a difference being in a group with people who have similar experiences and struggles. It felt safe and non-judgmental. Learning different somatic practices was helpful and something to take with me when the group ends."*

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## Caregiver Support

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

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

This group provides a private space to share thoughts and feelings about your experiences without judgment. You'll have an opportunity to receive support from caregivers and partners of people with chronic conditions who may have a unique understanding of what it means to be in relationship with someone experiencing chronic pain or illness.

**Next Group Starts:** Oct 17 - Dec 5, 2024