



**Somatic Support for Chronic Pain & Illness**

## Care Giver Support Group



This process group offers an opportunity to connect with other adults experiencing the ups and downs of sharing a life with a person managing a chronic condition.

This is a judgment-free place to feel seen and give voice to your experience. We will share understanding, hear others' perspectives, learn self-care tools to support the nervous system, and discover new ways to communicate with your person while establishing balance for yourself.

**Facilitated by: Jennifer Knowles, MS, LPC-MHSP**

Rolling admission

Thursdays  
6:00 -7:30 PM -  
Online via Zoom

6 weeks  
\$60 per session

@ Hazel House Holistic Healing - 2818 Azalea Pl, Nashville, TN 37204

Inquire or Register: (615) 499- 3062 or [healing@hazelhouse.net](mailto:healing@hazelhouse.net)



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## **Chronic Conditions Process Group**



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

**"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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