



# Chronic Illness Therapy Group

Supportive online therapy group for adults  
living with chronic pain or chronic illness

**Thursdays 5-6:30pm**

## Topics may include

- Identity & Purpose
- Navigating the Medical System
- Coping Skills
- Self-Doubt and Self-Confidence

8 week group  
starting  
**January 29**

Insurance accepted: Medicaid, Cigna, Aetna, United, Kaiser  
OR self pay: \$350 for 8 weeks



Contact [jack@creeksidecollaborativetherapy.net](mailto:jack@creeksidecollaborativetherapy.net) for more info or to sign up!