

VIRTUAL
Contact us for more
information about the
start date of this group



EMBRACING CHANGE GROUP.

This Group is perfect if you want to:

- Feel Heard, Seen & Supported
- Explore the way change can impact your life
- Understand your Experience in a Judgement-Free Environment
- Receive Support & Provide Feedback to Others

SCAN



To Schedule a Group
Assessment Call (312) 279-9981 x2
www.mindbodycoop.com

