



When

10:00- 11:30

Thursdays

Beginning

January 30, 2020

Where:

322 Monticello

Williamsburg, VA

Pain Management Support Group

Learn non-pharmaceutical approaches for living better with pain, and get support from other people living with chronic pain. You'll have time to share your concerns and experiences with others, as well as find out more about:

- How to break the cycle of pain and suffering
- Factors that increase suffering, and how to reduce them
- Mindfulness strategies proven to reduce suffering
- Relationship factors that may be adding to suffering and what to do about them
- Experiential approaches to reducing suffering

Fee includes *A Mindfulness Based Stress Reduction Workbook* by Bob Stahl, PhD (2019), a pen and a notebook

\$30 fee per session. Please RSVP as seats are limited:
mvann@whitecloudtherapy.com

Contact:

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