

Caregiver Support Group

A group for the loved ones of people with mental health issues

Goals of this group:

- Provide psychoeducation about mental health issues, relationships, and communication
- Learn Self-Care practices
- Learn how to set healthy Boundaries
- Addressing Burn-out, knowing when to get help when you need it

A TELEHEALTH GROUP!

Facilitated by LPC Carolyn Grace a trained EMDR, TBRI Child, Adolescent & Family Therapist

Beginning November 30th, Thursdays @ 5:30 PM

To enroll: Email or Call info@Embark-counseling.com

(913)257-3161