



Do you find yourself in pain often?

Do you not know who to turn to?

Be Well Counseling is proud to announce that a free Chronic Pain Management Group is now available.



Be Well Counseling
285 Durham Avenue
Building 6, Suite 2a
South Plainfield, NJ 07080

Tel: 908.548.8533

In 15 weekly sessions, participants...

- Will learn positive coping strategies for managing pain.
- Can find local resources available to help deal with any type of pain.
- Strengthen resolve and develop techniques to help conquer pain.
- Will find a positive environment to talk about any kind of experiences.

You might find this group helpful if...

- You've been struggling with pain on a constant basis, and don't know where to turn.
- You just want to try out group therapy and see if it's the right fit.
- Want to find healthy life skills to help cope with pain.

For more detailed information about scheduling, make sure to send inquiries to...

Be Well Counseling @ 908.548.8533

or

Email Odin.Tangvald@gmail.com

(if sending email, make sure to put "Be Well Counseling Group Inquiry" in the subject line.)