

# ***Chronic Pain/Illness/Disability***

**A SUPPORT GROUP**

## ***Making Lemonade Out of Lemons.***

This group is for people with chronic debilitating health problems, such as CFIDS, fibromyalgia, MS, Sjogren's Disease, and other conditions. It includes relaxation techniques, stretching, cognitive behavioral exercises, and supportive sharing. Wheelchair-accessible office.

Beila Krow, M.A., MFT (#MFC25627) is a licensed Marriage and Family Therapist, hypnotherapist, and teacher in private practice in Soquel. She has 40 years of experience working with adults, children and groups, and has learned to live well with chronic illness, pain and disability.

## ***Ongoing Weekly Soquel Group Sliding Scale, \$15-25 per session***

For more information, or to schedule a free interview, call:

Individuals  
Couples  
Children  
Groups



Counseling  
Psychotherapy  
Coaching  
Hypnotherapy

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