



# **WELL-BEING** Services for:

## Patients \* Caregivers \* Loved Ones

2051 Hilltop Dr., Suite A-17C | Redding, CA 96002 | (530) 355-3476 | [www.mpathtowellbeing.com](http://www.mpathtowellbeing.com)

Join us for any or many of the below groups regularly hosted online. A state licensed professional facilitates meetings. Meetings are paired with the second addressing a common theme related to the first. However, each is stand-alone. A short 15 min break is at 7 pm. You will need to complete a group-participant intake form and schedule a brief phone interview to receive participation information and to be admitted into a scheduled session.

Visit [www.mpathtowellbeing.com](http://www.mpathtowellbeing.com) to complete intake forms

### Living with Physical Limitation – **1<sup>st</sup> & 3<sup>rd</sup> Thurs each month 6:15 pm – 7:00 pm**

More and more people are living with chronic pain and other debilitating physical conditions. This group is for those who experience barriers due to physical limitation. An online platform removes barriers encountered when having to leave home and travel to a meeting. Connecting to other having similar experiences around physical limitations is comforting and fosters psychological well-being.

### Managing Depression and/or Anxiety – **1<sup>st</sup> & 3<sup>rd</sup> Thurs each month 7:15 pm – 8:00 pm**

Mental health is as important, if not more so, than physical health. The two are intertwined. Depression and Anxiety are familiar to almost everyone. Some experience these states of mood more often than they would care to. This meeting experience supports those struggling with ongoing depression and/or anxiety through creating a safe space in which to share difficulties, be validated by others going through a similar experience, receive insight into how to manage symptoms, and reduce onset and frequency.

### Caregiving and Self Care – **2<sup>nd</sup> & 4<sup>th</sup> Thurs each month 6:15 pm – 7:00 pm**

Caregiving can be a wonderful way to show how much you love someone. You receive a healing when you give a healing. Unfortunately, it can be demanding at times too. Juggling multiple tasks and responsibilities can be draining. Self-care is equally as important as caring for a loved one. Taking care of oneself can be more difficult than caring for another. Feeling guilty is one common experience many caregivers have when engaging self-care. Find support from other caregivers and gain insight on how to manage self-care.

### Managing Change and Transition – **2<sup>nd</sup> & 4<sup>th</sup> Thurs each month 7:15 pm – 8:00 pm**

Change can be overwhelming at times, especially when there is a lot of it going on that we did not initiate or cannot control. Loss producing change is particular difficult to manage. It creates a 'void' or 'gap' in our life. Transition is about how we create a 'new normal'. It is a journey of new beginnings often with mixed feelings and confusion as to direction and desire sought. Listen to how others manage and share your thoughts and feelings.