

# Empowered Wellness Group

## Skills and Support to Effectively Manage Chronic Pain

**NOW ENROLLING!**

**Wednesdays at 3:30pm**  
**Group location: Virtual (Zoom)**

**Payment:** \$60/group - self pay, Medicaid, Cigna, United, Aetna, BCBS  
DO NOT ACCEPT MEDICARE by itself or combined with another payor

**Does living with  
chronic pain cause  
you to:**

...struggle to get others to  
understand how you feel?

...isolate and withdraw  
from the world because  
you don't feel like going  
anywhere or seeing  
anyone?

...wonder what your  
purpose is?

... suffer from depression,  
anxiety, anger, and  
loneliness?

### What is Empowered Wellness Group?

Group therapy not only offers skills, but offers a place to receive support from others who understand exactly what you're going through, and who can literally "feel your pain."

Here, you will gain new skills, learning how to make simple lifestyle changes to improve function and enjoyment, also digging into deeper issues of identity, meaning and purpose.

**Skills are based on 8 Domains of Wellness, including:**

**Mental, Emotional, Physical,  
Financial, Vocational, Spiritual, Social,  
and Environmental Wellness**

Fun and interactive exercises, real life examples and strategies, CBT, DBT, ACT, psychoeducation about the mind-body connection, nutrition and exercise tips, as well as group emotional processing to help you feel connected, supported, and hopeful that you can take back control of your pain and your life!

Open Group - Ongoing (no definite end-point)  
Pre-screen required to determine best fit

**Contact Vickie today to get started!**



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