



FULL STRENGTH

LIVING WITH SEVERE & CHRONIC ILLNESS

Full Strength is a support group for individuals who are living with severe and/or chronic illness. No matter what type of illness you are living with, having a body that is struggling or differently abled can leave you feeling overwhelmed and isolated. Full Strength is designed to provide a safe space to meet others impacted by ongoing health challenges. Participants can speak honestly about the things that make life difficult while also sharing tools and insights that help make life a little easier. Facilitated by Dr. Jenna Kiel, a Licensed Clinical Psychologist with a background in health psychology, and Ellen Beaulieu, a certified animal-assisted therapist and life coach. Groups will be hosted at Blue Sky Farm, which provides a unique opportunity to both give and receive support while also connecting participants with loving animals and the soothing care of Mother Nature.

The group meets one Friday per month on 5/3, 6/14, 7/12, 8/23 and 9/20 from 1:00-3:00pm at Blue Sky Farm at 8S890 Mighell Road in Sugar Grove (<https://blueskyfarmgoatyoga.com>). We ask that you commit to attending the entire series; this consistency helps to create safety and reliability for our group members. The cost is \$100 per session.

Please visit Willow Tree's website to register at www.willowtree-therapy.com and look for "New Support Groups Starting in May."