



FEELING STRESSED, WORRIED, SAD, OVERWHELMED?

Join Virtual Therapy Groups to Find PEACE, CONNECTION AND CLARITY During Uncertain Times

with Marina Lisjonok (MSW, ECYT-500, RRT)

Group focus:

- Address feelings, thoughts and issues related to COVID-19 circumstances.
- Build connection and a sense of togetherness.
- Be guided through relaxation, breath-work, and meditation.
- Gain tools to manage stress, grief, and anxiety.

 **LifeCare**
— WELLNESS —

At Life Care Wellness, we care for complex lives – simply.

Small Group Size! Space is Limited! Register Today!

ZOOM MEETINGS ON MONDAYS 4:30pm – 5:30pm



Marina holds a Master of Social Work and undergrad degrees in Psychology and Nursing. She has been in the mental health field since 2000, and has designed and conducted individual and group therapy sessions at various treatment facilities and therapeutic environments. Marina is trained in Rapid Resolution Therapy with Dr. Jon Connelly. She has been teaching yoga and meditation since 2005.

For details and registration please visit

<https://life-care-wellness.com> or call (630) 866-7395