



Living Mindfully with Chronic Illness Support Group

A web-based, supportive group for those wanting to live
mindfully and with self-compassion
facilitated by Bartja Wachtel, MSW, LICSW, MHP, CMHS

2nd and 4th Tuesday of each month
6-7pm PST / 9-10pm EST

To sign up, visit www.thecenterforchronicillness.org/groups

Contact us at info@thecenterforchronicillness.org
or (425) 296-2705 with questions
www.thecenterforchronicillness.org
This program is free of cost.



Center *for*
Chronic Illness