



Living with Migraines Support Group

A web-based peer support group for individuals
living with chronic or episodic migraines facilitated
by Riley Rheta, MSW

Meets 4th Sundays from 3-4pm PST / 6-7pm EST

To sign up, visit 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