

right relationship with your body-mind-spirit-community: simple, effective steps you can take

Therapy group starting in early July

- Find and support your well being drawing on CBT, DBT, nutrition, healthy sleep, lifestyle steps, herbalism, meditation, spirituality, and working on your inner and outer relationships--for your body-mind-spirit-community
- Each session will have education and experiential exercises, all wrapped in motivational interviewing to make it practical
- Insurances covered: BlueCross/BlueShield PPO, Northwestern University Student Health, and out-of-network reimbursement. Out-of-network fee \$320 for the series
- 8 Tuesdays, 7:00 PM - 8:30 PM, July 11 through August 29 in Downtown Evanston



FOR MORE INFORMATION OR TO REGISTER CONTACT
CURT KEARNEY, MA, LCPC CURT@LIGHTHOUSEWHOLEHEALTH.COM
847-975-3416, 1604 CHICAGO AVE #1, EVANSTON
WWW.LIGHTHOUSEWHOLEHEALTH.COM/GROUPS/ OR
FB.ME/LIGHTHOUSEWHOLEHEALTH

