



THRIVE
helping you balance your life

LIVE WELL

to Feel Well

WEDNESDAYS 1-2PM AT JEWISH FAMILY SERVICES
2245 S. STATE ST, ANN ARBOR, MI 48104
SEPTEMBER 13TH TO OCTOBER 11TH, 2017

Many older adults struggle with issues such as isolation, sadness, or anxiety. But they are not alone.

Live Well to Feel Well is a five week group designed to provide individuals with skills related to living a rich, full, and meaningful life. It is based on an approach called ACT (Acceptance and Commitment Therapy), which is designed to help people let thoughts and feelings come and go while they pursue what matters most to them.

Participating in **Live Well to Feel Well** will involve 1 individual appointment to complete paperwork and attending weekly group meetings for 5 weeks, during which we will discuss skills related to accepting thoughts and feelings, living the life you want to live, and taking small steps in the direction of your most cherished goals.

This group will be facilitated by **Dr. Adrienne Lapidos**, a licensed clinical Psychologist. Dr. Lapidos's clinical interests include group and evidence-based individual psychotherapies, trauma, and behavioral approaches for chronic pain and sleep disorders.

Fee: \$50/session

Most insurance plans will cover all or most of the cost

We can offer a sliding fee scale for those who meet federal poverty guidelines

Contact Thrive Counseling to sign up!

734-436-4249

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www.ThriveCounselingA2.com