

**Description:**

This support group is an ongoing, process-oriented and skill-based group for adolescents and young adults between the ages of 15 to 25 diagnosed with a serious/chronic physical illness. This group will provide a safe place to exchange support and receive information and guidance while discussing the unique challenges of living with a physical illness as a young adult.

**Our Group focuses on:**

Providing focused support for the unique challenges associated with a physical illness in young age

Reducing feelings of loneliness, anxiety and distress

Helping increase feelings of hope and empowerment

Assisting you in learning new ways of coping

Helping you improve communication with your peers and family members

Fostering identity development and independence in the context of your physical illness

**Start Date, Location and Cost:**

We are currently recruiting for our next group cycle which begins in November 2019. This group meets on the first and third Tuesday of every month from 5:30 p.m. to 7 p.m. at 80 Garden Center in Broomfield (80020). Cost per group is \$50.

**Register:**

Pre-registration is required.

For more information or to register contact Dr. Caroline Scheiber at:

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