



UNDERSTANDING YOUR ILLNESS

Do you want to know more about your MH diagnosis? Are you interested in meeting others who have similar goals and/or struggles? Do you know the resources and recovery strategies available to help you have a happy and successful life? Would you like more tools for handling stress and reducing symptom relapse?

Then this is the group for you!

This group is geared toward adults with severe & persistent mental illnesses (I.e. Schizophrenia, bipolar, major depressive disorder, etc.)

We will follow a workbook & collaboration style group talk therapy format; incorporating IMR (Illness Management Recovery) & CBT (Cognitive Behavioral Therapy) modalities.

MEETING IN PERSON for 10 WEEKS on **THURSDAYS** from **4:30-5:30pm**

JUNE 9 – AUG 11, 2022 (No group on 7/14/22)

FACILITATED BY BRITT MCGONAGLE MS, LPC-IT

Fees for this group are \$40 per week or \$350, if paid in full prior to first session. All materials are included in fees.

CCS consumers may sign up via their Service Facilitator. **Quartz** insurance plans *may* cover this group depending on your plan type.

**If you are committed to attend but are concerned about cost. Contact us to see if you are eligible for our sliding scale fees.*

Register by returning completed registration form via email (info@elitecognitionllc.com), fax or to the Elite Cognition office.

Registration will be confirmed upon receipt. When group fills, a waiting list will begin for the next session.

Participants will be scheduled for a brief video meet & greet with the facilitator, prior to the first group.

***This group relies on its members to be present each week. Participants should commit to attending weekly.*

