



Somatic Support for Chronic Pain & Illness

Chronic Conditions Process Group



A unique opportunity to receive multiple perspectives, support, encouragement, and feedback from others experiencing chronic conditions.

"It made a difference being in a group with people who have similar experiences and struggles, It felt safe and non-judgmental. Learning different somatic practices was helpful and something to take with me when the group ends."

Facilitated by: Jennifer Knowles, MS, LPC-MHSP

Rolling Admission

**Mondays
6:00 -7:30 PM -
Online via Zoom**

**6 weeks
\$60 per session**

@ Hazel House Holistic Healing - 2818 Azalea Pl, Nashville, TN 37204

Inquire or Register: (615) 499- 3062 or healing@hazelhouse.net