

The Center for Grief Recovery and Creativity is proud to announce our NEW...

Ongoing Adult Therapy Group

When: Mondays from 4:00 pm to 5:30 pm

Where: ***The Center for Grief Recovery and Creativity***
1263 W. Loyola Ave
Chicago, IL 60626
*One Block from the Red Line Loyola Station and Loyola University
Located in the East Rogers Park Neighborhood*

Cost: \$45 per session. Private insurance accepted. Scholarships available.

Our ongoing adult therapy group provides a safe and creative place to work on life issues you are having difficulty facing. It facilitates meaningful change and growth in areas such as relationships, handling emotions, dealing with loss, managing frustrations, anxiety, fears, and depression.

The group is led by therapist Tom Undine, LCSW. Tom has over ten years' experience working with groups in therapeutic contexts. As a group therapist his work spans from private practice to outpatient clinics, psychiatric hospitals, to residential programs. He provides a sound, professional, and profound experience for those looking to change and grow within themselves and with others.

This is an exciting opportunity! Take advantage. We will focus on increasing experiences of Aliveness, Passionate and Meaningful Life Engagement, Humor, Depth, and Joyfulness. We will help grow the ability to Embrace emotional difficulties such as Sadness, Fear, and Anxiety and heighten awareness and practice of healthy and balanced ways of Being.

An initial intake interview is required.

To make a referral or to schedule an intake appointment, please call ***The Center for Grief Recovery at 773-274-4600*** or e-mail us at ***griefrecovery@griefcounselor.org***