

LIFE BEYOND MENTAL ILLNESS

Life – Interventions – Visions – Empowerment

A support and process group for people moving beyond their mental illness.

Led by Deborah Dowse Runyeon, MFT, CGP*

www.counselingforwomeninredwoodcity.com

Do you struggle with shame and lack of self-confidence, focusing on the negative and often feel defined by your illness?

- ❖ *Learn skills to live fully with acceptance and joy.*
- ❖ *See yourself as unique from others, not less than.*
- ❖ *Seize the opportunity to grow from your experience.*
- ❖ *Embrace being perfect just the way you are.*

This group will provide the opportunity for members to talk about topics that matter to them, such as: family relationships, work-related issues, social isolation, stigma, hope for the future and defining goals.

Group now forming

Tuesdays 1-2:30 pm

Fee: \$50/group

If on disability or without work, a sliding scale fee is available.

For more information call Deborah

at 650-363-0249 x111.

An initial complimentary pre-group interview is required.

Deborah spent seven years working at a facility for seriously mentally ill adults. She has seen these clients become empowered by peer support and therapeutic intervention. Deborah believes that people deserve respect and the opportunity to gain insight, hope, and healing. She is a Certified Group Psychotherapist.*

