

You are invited to this exclusive event with two leading professionals in the mental health field!

Creating a Community of Wellness

With

Dr. J. Blattner, PhD & Dr. D. Gluck, EdD, LCPC

They have a combined experience of over 60 years

A safe place where each person's narrative is heard with a combination of techniques used in therapy, yoga, CBT within group support. We have all had struggles this past year. This New year is a great time to gift yourself with this supportive group!

All sessions will be held via Zoom

Thursday 4:00 pm

OR

Sunday 2:00 pm

To sign up or inquiries, please email dgcofficecalendar@gmail.com with your contact information, Or call Denise at 630-353-0697

A zoom invitation will be sent the day of the scheduled session

