



EMBODIED MIND
MENTAL HEALTH

Living Fully with Chronic Pain

Does chronic pain interfere with your ability to be present with your day-to-day life?

Our “push-through, hustle” culture tends to minimize pain, and as a result, those suffering from chronic pain often end up feeling alienated, judged, and misunderstood.

This group is for those who navigate the world while dealing with the difficulties of chronic pain, whether chronic illness, autoimmune disorders, joint pain, migraines, or other invisible forms of pain. The goal of this group is to co-create an empowering space by being in community with others who are also impacted by pain.

HIGHLIGHTS

- **Be in conversation** with individuals with similar experiences
- **Explore** creative and accessible ways to create connections between mind and body
- **Practice** movement-based mindfulness interventions

COURSE DETAILS

- **Location:** Virtual
- **Age:** 20+
- **Time:** TBD- based on members' availability
- **Fee:** \$70 a session (some reduced fee spots may be available)
- **Registration:** Email admin@embodiedmindnyc.com

Facilitated by **AMARFI
COLLADO**, MHC



Amarfi uses an integrative, client-centered approach, incorporating Narrative Therapy, a Strength-based framework, and innovative mindfulness practices that cultivate a connection between the body and mind.