



Program Name: "Beyond the New Normal for Cancer/Chronic Disease" by Emily Schottman, LPC

Program Description: Support group led by fellow cancer survivor, for adult individuals who have cancer or chronic illness to create an inspired experience, relationships and quality of life. Focus on Post-Traumatic Growth.

- This will be a closed group, open to male and female adults, who have experienced a change in their identity, career and life perspective post initial medical diagnosis (ongoing treatment is fine).
- We will share experiences, ideas, and discussion in a way that is kind and healing.
- A free phone interview is required for participation
- \$45 per session, \$270 total for 6-week program, full amount due regardless of attendance. (*Scholarships are available, just ask Emily*)

Program Dates/Time: Six Mondays 12:00pm to 1:15pm starting on 10/2/17 and running through 11/6/17. Deadline for sign up is 9/29/17 at 12pm.

Location: Austin Mental Wellness, 2116 Hancock Drive (Inside the Stars In Your Eyes Optometry Building), Austin, TX 78756

Map & More: <http://www.austinmentalwellness.com>

To confirm your spot or for additional questions please contact Emily Schottman at:
emily@austinmentalwellness.com or (512) 751-9195



Here's a little about Emily:

She is a mom, cancer-survivor, marriage-warrior & nerdy brain researcher. None of these things were done on her own so she is a big believer in the healing connection of interpersonal interactions. She holds a Doctorate in Optometry (1996, Southern California) and a Masters in Counseling (2014, St Edward's University).

She specializes in mind-body connections and helping clients find clarity, balance and success in their lives after major events such as illness, career transitions, and grief/loss.