



*“There are two types of pain
One that hurts you
&
The other that changes you”*

~ Pure love quotes



Insurance Coverage

The center is paneled with numerous commercial and Medicaid insurance companies.

Ask about your specific policy coverage
*Scholarships Available



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Thursdays 12:30- 2 pm

Attendance

Registration is required to attend this group. The group will meet weekly with varied seasonal breaks.

This group is open for women who are experiencing chronic pain that lasts longer than three months.

This is an open group which means that new people may join at any time.

All group participants will be expected to comply with confidentiality requirements and agree to the set standards to ensure a safe environment.

Attendance is encouraged to be weekly but is not required.

Register at:

Group Day and Time

Fridays from 12:30-2:00 pm

Location: Community Care and Counseling Center



The group will be led by Kaylene Scholl Henderson who is a mental health practitioner. Kaylene has lived life experience with chronic pain and has counseled many to help them understand the mind, body connection.

Each session will consist of approximately 30 minutes of training with the remaining time for group interaction and discussion.

Her primary goal is to create a ministry of presence

Psychoeducation

Psychoeducation is an evidenced-based therapeutic intervention for those needing information, support, understanding, and skills to cope. This form of interaction allows for therapeutic engagement, education, and peer supports

Peer Support

The group will consist of peers who are experiencing chronic pain, though their story may be different. The four components of the group are to:

Listening carefully

Sharing their perceived experience

[Bing Videos](#)

The Effect of Chronic Pain on Mental Health