

## Ehlers-Danlos Syndromes Psychotherapy Group

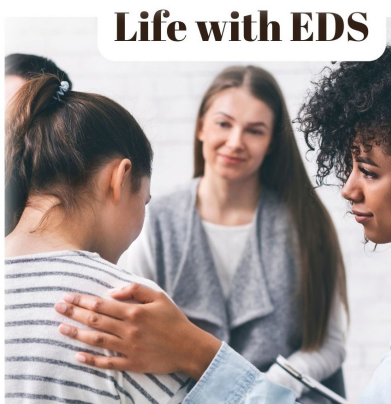
*Support and skills group for adults living with Ehlers-Danlos Syndromes*

Whether you're newly diagnosed, have lived with the condition for decades, or anywhere in between, this group will be an opportunity to connect with others living with EDS while learning skills to not only cope with chronic illness, but invest in a life worth living, in the body you have. The group will partially focus on processing struggles related to living with EDS for adults, as well as DBT skills and principles of self compassion to cope with the reality of this chronic illness that impacts every system of the body.

**Mondays – 5:30–6:30 pm**

**Via Zoom**

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