

# RELATIONAL WELLNESS GROUP

## MIND.BODY.SOUL

Need help connecting with the people you care about? Feeling lonely, frustrated? Join us weekly for an engaging, practical relational wellness therapy group. Come along with a loved one or on your own.

*Group meets online for 12 weeks.*

## SPRINGFIELD COUNSELING

[www.springfieldcounselingservices.com](http://www.springfieldcounselingservices.com)

(541)871-9050

We welcome direct referrals from OHP providers.

Insurance and fee-for-service options available.

## ABOUT THE FACILITATOR

About the facilitator: Hi! I'm Erin/Ronie Wolff, LMFT (she/he/they) and a mental health therapist and consultant. I have extensive experience supporting integration, resilience, aliveness, and systemic change for individuals, people in relationships, and organizations. Mindfulness, movement, play and nature are some of the many tools I use to support wholeness!

