

A WEEKLY ONLINE CIRCLE

A circle for women *facing* *illness*

*A support group for women living with
life-threatening and chronic illness*

Life can feel overwhelming when facing grief, loss, illness, and chronic pain. A life-changing diagnosis can be deeply disorienting, and community becomes precious. Each week we offer questions, poems, meditations and psychological resources to explore how our struggles can become sources of strength, compassion, and deeper understanding.

*A place to be understood and seen, and to connect
with women facing the impact of illness on their
bodies, their relationships and their world view.*

*Facilitated by two psychotherapists who are both
cancer survivors.*



Elizabeth Scott LCSW

As an educator and psychotherapist, I support women in cultivating deep self-compassion when facing grief and loss. There's often surprising laughter in this work as we embrace life's beautiful absurdity together.

elizabethscottresources.com



Nora Webb MFCC

My clinical specialties include trauma, recovery, and mood disorders. I believe the circles formed by women can be restorative and healing, and I look forward to opening a circle for women whose lives have been impacted by life-threatening illness.

Come as you are.

Beginning December 3 · Weekly, 2–3:30 pm Pacific · Online via Zoom

\$70 per week · Sliding scale available

To learn more: Elizabeth Scott · escottlcsw@gmail.com