

## A GROUP FOR CARING PROFESSIONALS

YOUR WORK WITH ILL AND INJURED PATIENTS IS PROFESSIONALLY MEANINGFUL AND SATISFYING. BUT SOMETIMES TREATING PATIENTS WITH CHALLENGING MEDICAL CONDITIONS CAN LEAVE YOU FEELING DRAINED, UPSET, OR FRUSTRATED. THIS MAY BE ESPECIALLY TRUE WHEN WORKLOADS ARE HIGH OR YOU ARE EXPERIENCING PERSONAL STRESS.



- Am I living a balanced life?
  - Am I giving and giving to others with nothing left to give to myself?
  - Is there too much on my plate?
  - How can I round out my life?
- Do I often feel too tired for the things I would really like to be doing?
  - Do I experience frequent headaches or stomach aches as a result of too much worry or stress?

Join us and a group of your peers to talk about real issues you face each day as well as real solutions to help you feel revitalized, balanced, and reconnected to your passion to make a difference

When: Fridays at 2pm

Where: 8191 Southpark Lane, Suite 201,  
Littleton, CO 80120

Cost: \$50/session or 3 sessions for \$120



Call Embark Counseling at 303-726-4560 or  
email at [contact@embarkcounseling.net](mailto:contact@embarkcounseling.net)