

Calendar of Events

The Awakening Center
3523 N Lincoln Avenue
Chicago, IL 60657
773.929.6262

Offices in:
Lakeview
Downtown (Millennium Park))
Evanston
Des Plaines

www.awakeningcenter.net

Weekly Therapy Groups

Monday

IFS Peer Supervision & Training Group for Therapists
Amy Grabowski x 11
1-2 pm (1x/month)

Eating Disorder Therapy Group
Jen Schurman x 20
6:30-8pm

DBT Group for Adults (Dialectical Behavior Therapy)
Linda Winter x 22
6-7:30pm

Yoga Talk
Mari Richko x 15
7:00-8:00pm
8:30-9:30pm

Tuesday

Expressive Therapies Group
x 12
5:30 - 7:00pm

Drop-In Eating Disorder Support Group - also Family & Friends Support Grp
x 12
7:00 - 8:30pm

Wednesday

Filling Your Toolbox
x 12
6:00-7:30pm

Eating Disorders Anonymous (EDA) (Drop-In)
Linda Winter x 22
7:45-9pm

Thursday

DBT Group (Dialectical Behavior Therapy) for Teens
Linda Winter x 22
6:30-8:00pm

Eating Disorder Therapy Group
Amy Grabowski x 11
7-8:45pm

Friday

Saturday

Drop-In Eating Disorder Support Group
x 12
10-11:30am

“Awaken Your Mind” Workshops and Classes - Various dates & times.
Call x 14 for info

Sunday

“Awaken Your Mind” Workshops and Classes - Various dates & times.
Call x 14 for info



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Weekly Therapy Groups

IFS Peer Supervision and Training Group

For professionals who are looking for more support and training with the IFS model. Once monthly. Call Amy Grabowski x11.

Eating Disorder Therapy Group

In a safe & caring community of individuals committed to one another's growth, explore & resolve negative patterns in your life.
Monday - Jen Schurman x 20.

DBT Group (Dialectical Behavior Therapy)

For those who feel emotions more quickly & intensely than others & who have difficulty "coming down" from their emotions. Become more aware, feel more in control of your life, tolerate distressing emotions, regulate uncomfortable feelings, & learn how to have healthy relationships.
Call Linda Winter x 22.

Yoga Talk Group

This group integrates yoga & psychotherapy to empower you to increase awareness & connection with your body & lessen disordered eating attitudes.
Call Mari Richko x 15

Expressive Therapies Group

For those who want to explore emotions & express feelings in non-verbal modalities. Fee negotiable. Call x 12

Drop-In Eating Disorder Support Groups

A safe place to discuss struggles and successes with others in recovery. Family/Friends may attend Tuesday night groups. Suggested Donation \$4 Call x 12.

Filling Your Toolbox

A supportive and accepting group atmosphere where you can add coping skills to your 'Toolbox.' Each week will focus on different 'tools.' Fee Negotiable. Call x 12.

DBT Group (Dialectical Behavior Therapy) For Teens

See description of DBT Group on Monday.
Call Linda Winter x 22.

Eating Disorders Anonymous (EDA) (Drop-In)

A 12-step group to discuss struggles and successes with others in recovery. Suggested Donation \$4. Call Linda Winter x 22.

Sexual Abuse/Assault Survivors Group

A small safe group to explore & resolve issues with other survivors in recovery.
Call for dates and times Erin Diedling x 19.

Eating Disorder Therapy Group

In a safe & caring community of individuals committed to one another's growth, explore & resolve negative patterns in your life.
Thursday – Amy Grabowski x11.

Drop-In Eating Disorder Support Groups

A safe place to discuss struggles and successes with others in recovery.
Suggested Donation \$4 Call x 12.

“Awaken Your Mind”

One-day classes and workshops for emotional, physical, interpersonal & spiritual wellness. Call x 14 for more info.

Become a Fan of The Awakening Center on Facebook & take \$5 off the cost of “Awaken Your Mind” workshops!

Weekly Therapy Groups require an intake interview and a commitment to group; unless group is specified as “drop-in”.

Discover the person you were meant to be!

Blog: www.awakeningcenter.blogspot.com

Join us on: 