



The Snow Psychology Group

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Therapy Group Now Forming!!

Coping with Diabetes Group

Where: The Snow Psychology Group, LLC
6274 Montrose Rd
Rockville, MD 20852

When: Thursdays, 12 Noon-1 pm

Who: Adults who have been diagnosed with diabetes and would like to learn new coping skills to improve mood and treatment compliance as well as gain support from peers. Group therapy can be an excellent supplement to individual therapy or can be used on its own. The group is led by Jill Lipton, LCSW-C, an experienced psychotherapist. Individual intake session required prior to joining the group.

Cost: \$60 per weekly session. Medicare accepted. May also be reimbursed by other insurance plans through out-of-network benefits. Credit cards accepted.

What you will gain from participation:

- Receive support from peers who have diabetes
- Recognize the thoughts that negatively impact your ability to cope and comply with treatment
- Learn new constructive ways of thinking to improve your mood and health
- Develop a sense of hope in your ability to make lifestyle changes
- Learn relaxation strategies to prevent emotional flooding

To sign up or for more information:

Contact Jill Lipton at (240) 676-4206 ext. 703 or Jill@snowpsych.com