



Congenital Heart Disease and Dating

Sessions are available for those living in Alabama, Colorado, Florida, Georgia, Iowa, Kansas, Massachusetts, Michigan, New Jersey, New York, Ohio, Oklahoma, Pennsylvania, Texas, Vermont and Wisconsin.

What: Group Therapy Sessions to Discuss Dating for Those Living with CHD
When: Monthly, Days TBD
Where: Via Google Meet (Online)

Helping you work through Dating with CHD in a Group Session

Do you have questions about dating and relationships? Do you wonder if you'll find a partner or when you should approach sharing your CHD? So many questions, and you're not sure where to go for answers. Discussing these topics in a group setting can benefit all participants by providing a source of motivation and support needed to be successful. Participants are encouraged to share helpful tips and ask for suggestions to help deal with any issue in a supportive, judgment free environment.

What will these sessions provide you?

- A place to openly discuss with others who share similar struggles, under the guidance of a trained therapist who can provide clinical interventions.
- The feeling of relief knowing there are solutions, and you are "not alone."
- The comfort of knowing others really understand your concerns, are willing to listen, as well as provide needed, appropriate support and encouragement to you!

The program will be run by Dr. Corinne Smorra, DSW, MSW, LCSW, Chief Clinical Officer for Heart and Mind Counseling

Dr. Corinne is also an Adjunct Associate Professor of Master Social Work at Western New Mexico University and a Contributing Faculty member in the Social Work Program at Walden University. Her personal journey gives her a unique insight to your challenges. She strives to help clients overcome struggles and gain independence.

Cost: These monthly Group Therapy sessions are \$45 per session. We accept Aetna, Blue Cross PPO plans, Blue Care Network, Medicare (MI & IN only), and United Health/Optum, if you have coverage for group sessions and would like to use insurance.

Please contact Marc Seguin...call/text (248) 505-8620 or email mseguin@heartandmindcounseling.com for payment options.

For additional information or to sign-up for the group, please call/text (707) 815-0374, or email Dr. Smorra at: csmorra@heartandmindcounseling.com