

FREE

@STILLPOINTILM

A 6 week support group for navigating life's challenges with an invisible illness together

# SURVIVING

*to Thriving*



*Learn to better manage chronic pain and live a more fulfilling life!*



## WHEN:

Every Wednesday starting Feb 17th  
from 11:30 am- 1 pm

LED BY BRIONNA ALSTON, MSW INTERN

Join chronic pain advocate and Stillpoint intern Brionna Alston on a holistic, therapeutic journey of empowerment and knowledge. In the new program *Surviving to Thriving: a Chronic Pain Group*, Brionna will teach evidence-based skills for managing chronic pain and provide education on how to navigate life's challenges with an invisible illness. By providing a safe space and intimate community, this group will lessen feelings of isolation while learning and practicing techniques for living a more fulfilling life with chronic pain.

This group is a free, six-week, 1.5 hour series that focuses on a different topic every week such as self-care and mindfulness. It is open to the public, however, a limited number of spots are available, and registration is required. This group will take place virtually for safety and convenience. Along with presentation materials, optional accompanying online resources and a book list will be available to group members for further education.

**Wednesdays 11:30 am - 1 pm**  
**February 17 and 24**  
**March 3, 10, 17, and 24**

Facilitator: Brionna Alston is in her last semester of her MSW program at UNCW and has been a clinical intern at Stillpoint for one year. She currently provides individual therapy services pro-bono at Stillpoint and has previous experience leading treatment management groups. A long-time advocate for the chronic pain population, Brionna is a volunteer for the U.S. Pain Foundation and an invisible illness survivor. She has attended empowering events relevant to this vulnerable population on behalf of U.S. Pain, including a Women in Government conference. In 2019, Brionna secured a proclamation designation from Governor Roy Cooper that recognized September as Pain Awareness Month in the state of North Carolina. Brionna is excited to continue her journey within the chronic pain space by providing a safe environment for those living with similar adversities; she looks forward to helping community members acquire new tools and knowledge, learn more about themselves, and share their experiences with like-minded individuals.

