

The WELL Community

Wellbeing, Empowerment, Libido and Life

What is it?

A therapy group designed to provide treatment, support and education to women and people who are AFAB (assigned female at birth). We will be focusing on whole-body wellness with presenters from different clinics within GHC-SCW. This group will focus specifically on mental health, physical health, sexual health and self-care.

When and where?

- Once a week for eight weeks
- Monday nights from 5:30 p.m. – 7:00 p.m.
- Both in-person and virtual groups available



Who is eligible?

- Women and people who are AFAB
- Ages 18+
- Those with GHC-SCW insurance. Also, those with Quartz One or The Alliance if established within GHC-SCW
- Must have an active GHCMYChart account
- Someone experiencing difficulties from hormonal changes or conditions like PMDD, PCOS, Endometriosis, Perimenopause or Menopause
- Do not need to have an individual Behavioral Health therapist



Who is not eligible?

- Anyone who is younger than 18
- Anyone who doesn't have GHC-SCW insurance; Quartz One or The Alliance if established within GHC-SCW
- Anyone who has significant safety concerns or who is experiencing active psychosis
- Anyone whose main concerns are related to post-partum diagnoses, pregnancy, pregnancy loss and/or difficulty becoming pregnant

Registration:

For patients who would like more information on the WELL Community, please contact Tara Curtis at (608) 441-3290, and ask for an WELL Community pre-screening call. Tara will provide you with more information via **GHCMYChart**.

For GHC-SCW providers who would like to refer to this group, please send a staff message to the **P Well Community**. Please message **Tara Curtis, LPC** or **Laina MacDonald, LPC** with any questions!

TOGETHER, BETTER IS POSSIBLE

Group Health Cooperative of South Central Wisconsin (GHC-SCW)
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 **Group Health
Cooperative**

of South Central Wisconsin
ghcscw.com