

# SUPPORT AND RELAXATION GROUP FOR PEOPLE LIVING WITH IBS

**Wednesdays • 10 to 11:30AM**  
**March 12 to April 16 & April 23 to May 28**

**Presented by Shawne Diaz, MA, LCMHC**  
**445 Cypress St. • Suite 8 • Manchester**

Stress often co-exists with Irritable Bowel Syndrome (IBS). This group will offer a support component with others who share that diagnosis and teach various relaxation and stress reduction skills that can help reduce the symptoms of IBS. The group is limited to eight participants with a diagnosis of IBS. Wear comfortable, loose fitting clothes and bring a bath size or larger towel.

Most insurance accepted including Medicare and Medicaid. \$60 per session if self-pay. Call 603-663-8621 to register



*Shawne D. Diaz, MA, LCMHC, practices adult individual counseling and group anger management. She is experienced in crisis intervention, short-term inpatient treatment and works within a cognitive behavioral framework. She specializes in adults with depression/anxiety disorders, ADHD, divorce, grief and particularly likes focusing on wellness issues.*

*Ms. Diaz graduated from Notre Dame College, Manchester, NH with a Masters degree in Counseling Psychology. She completed her internship at the Community Internship Collaborative in Manchester, NH. She is licensed as a Clinical Mental Health Counselor in the state of New Hampshire.*

 **Elliot Behavioral Health Services**