

Whole You Healing



Helping Humans Connect

“I would invite anyone who needs a therapist to work with Neely. Her enthusiasm and compassion are boundless.”

“This group helped me see that I am not alone on this journey.”

“Neely is expertly skilled in DBT and helped the group members learn many of the skills and strategies that have been integrated into our lives.”

“Neely has broadened our knowledge, lifted our spirits, and instilled a strong sense of self-care.”

“I liked the way Neely brought us all together in our problems. Her sense of humor was great and her responses to us as individuals was wonderful.”



Neely M Benn, LCSW

Do you have a loved one living with mental health challenges?

You are not alone in facing the difficulties of supporting a loved one with mental health issues. TREE is a support group for family members, friends, and caregivers of loved ones with mental health challenges. TREE is a welcoming, safe space to share your experiences and learn coping skills to improve your wellbeing and better support your loved one. TREE will help you learn and practice:

- How to *effectively communicate* with your loved one in a nonjudgmental way in order to meet both of your needs (Interpersonal Effectiveness and Radical Acceptance).
- How to *survive a crisis* and adopt positive coping strategies to effectively manage stress and pain (Distress Tolerance Skills).
- How to *manage your emotions* and reactions in more effective ways when facing painful and difficult experiences (Emotion Regulation).
- How to *be present and care for yourself* when circumstances feel challenging (Mindfulness and Self Care).

First Sunday of each month, 4:00-5:30 PM, \$40 per meeting - Ages 18+

2650 W Montrose Ave #116, Chicago 60618

Neely is in private practice working with adults living with symptoms associated with depression and anxiety. Neely is the founder of Connecting With Courage, an improv group therapy course for those living with social anxiety, depression and low self worth. Neely completed her training at Washington University in St. Louis.

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