

Trillium Springs Counseling Center  
\$50 per session  
Starting Tuesday, October 11, 2011  
from 7:00 PM - 8:30 PM

Facilitated by:

Julie Fortenberry, M.A., LAPC, LAMFT      Kim McMillan, M.A., LAPC

# Living and Working with *Bipolar Disorder*: Overcoming the Obstacles of Daily Living

## The Program:

*Overcoming the Obstacles of Daily Living* is an 10-week psycho-educational group designed to help individuals develop and refine the tools necessary to live with bipolar disorder. Our goal is to provide the most up to date information and resources. Participants will come away with with a greater understanding of bipolar disorder and how to manage their symptoms on a daily basis.

Availability is limited. There is a 10% discount for those group members who pay for all 10 groups up front.

## Contact Information:

For more information about *Overcoming the Obstacles of Daily Living* please contact:

Julie Fortenberry, M.A., LAPC,  
LAMFT  
678-427-1670  
[Julie@trilliumsprings.com](mailto:Julie@trilliumsprings.com)

Kim McMillan, M.A., LAPC  
404-323-8933  
[Kim@trilliumsprings.com](mailto:Kim@trilliumsprings.com)

An intake phone interview is required before the first group session.

## Location and Time:

*Overcoming the Obstacles of Daily Living* will meet at:

Trillium Springs Counseling Center  
1640 Powers Ferry Road,  
Building 16, Suite 100,  
Atlanta, Georgia, 30067.

Starting Tuesday, October 11, 2011 from 7:00 - 8:30 PM. Will meet weekly through December 13, 2011.

For directions and information about the group leader, see: [www.trilliumsprings.com.htm](http://www.trilliumsprings.com.htm).

*"This support group was a crucial part of my therapy. It allowed me to share with others, learn from others, and receive tools that have helped me be successful in managing my BP. Just knowing that I wasn't alone was such a comfort. I hold close the close friends from group and continue to stay in touch with them. We all grew so much by having this amazing support in our lives. It was totally worth the investment of time and truly life changing!"*

- Former Group Member