**Provider Referral Information**

**Same day drop-ins are OK.**

**To refer a patient:**

1. Give your patient a flyer.
2. Send a **CC Link PT** to **Dr. Michael Changaris**, include the group to which you refer the patient and a brief note stating reason for referral.
3. The classes are to be held in Room 1193, Group Room A

**Health Coaching Classes**

**Transform Your Life – Building Healthy Habits   
Mondays 4:30 pm to 6:00 pm   
Who to Refer:** Individuals with addiction, eating challenges, smoking or other adverse health behaviors would be well suited for this class.  **Loss, Change, and Transformation: Grief Group   
Thursdays 10:30 am to 12:00 pm   
Who to Refer:** Individuals with difficulties with mood management (e.g. depression), grief, loss related to changes in health status, and those facing anticipatory grief.

**Finding Ease in a Stressful World   
Tuesdays 3:00 pm to 4:30 pm   
Who to Refer:** Individuals with anxiety management challenges (e.g. anxiety disorders or anxiety that impacts health), life stress, relationship stress, and anxiety due to health conditions.

*WCHC Health Coaching Classes*

These classes use evidenced based skills from DBT, CBT and ACT programs to help people reduce anxiety, improve relationships, manage difficult emotions and moods.