



MEET DR. MEMON

Shoab Memon, MD is a board-certified psychiatrist serving patients for over 14 years from his practice located in Downtown Chicago. He is experienced with a variety of mental health conditions including but not limited to Anxiety, Depression, Obsessive-Compulsive Disorder, Self-Esteem, Life Transition, Loss and Grief, and Trauma.

Dr. Memon's focus is using psychotherapy as the tool to achieve your goals, which can include relief from feelings of depression and anxiety, understanding past experiences, living in the present, and navigating life changes and relationships.

Dr. Memon is dedicated to helping you to achieve optimal health and to lead active and fulfilling lives!

WE'RE ALL IN THIS TOGETHER!

JOIN A
GROUP
THERAPY



SCAN ME

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GROUP THERAPY

CREATE A LIFE YOU CAN'T
WAIT TO WAKE UP TO

DR. SHOAB MEMON



GROUP THERAPY

Provides a unique and robust space to interact with peers and discuss life as it is, and as you would like it to be. It immediately provides a supportive community with individual who are willing to provide feedback, support and advice.

Members in the group are able to look at their relationships with others as well as their relationship with the group as a whole.

Group provides insights into how to improve relationships at work, with family, and significant others.

LET'S DO THIS TOGETHER!

You're in charge and surrounded by peer insights—a simple way to feel less alone.

BENEFITS OF GROUP THERAPY

Support Network

Group therapy is a great place to be in solidarity with peers facing similar issues



Provides Varying Perspective

Group therapy offers a safe space to receive different perspectives from your peers and doctor



Propel You Forward

Group therapy allows you to discuss your situation with people who have overcome similar issues and discovered solutions that work well for them



Social Skill Development

Group therapy gives you a place to practice good listening skills, engaging with others, and opening yourself up emotionally



Improved Well-Being

Group therapy allows you to experience improvements in anxiety, mood, and relief from social isolation

