

Youth Groups

Adolescent DBT

Ages 13-18

The group teaches skills to regulate emotions, cope through difficult situations, increase effectiveness in communicating with others, and maintain healthy relationships.

Monday | 4:30-6:00 p.m. | Ongoing
In-Person | Greenview Location

Communication & Emotions

Grades K-2

This group uses the Kimochi's curriculum to help children explore, process, and regulate emotions by increasing self awareness, self-management, social awareness, relationship skills, and responsible decision-making skills.

Wednesday | 5:00-6:00 p.m. | Ongoing
In-Person | Greenview Location

Recovery Era

Ages 13-17

Participants will engage in psychoeducational topics focused on substance use and recovery through group discussions. Over the 12 weeks, they will learn about various substances, the impact of substance use on physical and mental health, and coping and relapse prevention strategies to encourage continued sobriety.

Tuesday & Thursday | 2:00-4:00 p.m.
In-Person or Online | Greenview Location

Recovery Era Caregiver Support

Caregivers of Teens Ages 13-17

This is an education and support group for the caregivers of adolescents in the Recovery Era group.

Thursday | 2:00-4:00 p.m.
In-Person or Online | Greenview Location

Youth Peer Network

Ages 9-12

This interactive group helps youth connect with each other, learn more about themselves, and receive support to navigate friendships and life's stressors.

Tuesday | 4:00-5:00 p.m. | Ongoing
In-Person | Greenview Location

Learn More & Sign Up!

Please Contact Customer Service at 507.289.2089.

