

MINDFUL MONDAYS

At New Hope Mental Health Clinic

Mindful Mondays is a 9-week summer program offering half-day youth programming that includes Artability workshops, a Children's Therapeutic Services and Supports (CTSS) skills group, group therapy, and lunch.

Transportation can be provided as needed to and from the New Hope Clinic.

Artability Workshops:

Weekly art projects providing the opportunity for self-expression, building of self-confidence, and exploration of a range of art mediums and techniques.

Mindful Mondays Skills Group:

Through fun, engaging activities and guided discussions, youth will learn to manage emotions, improve focus, and develop strong communication skills.

Mindful Mondays Therapy Group:

The group will address identifying and naming feelings, calming and coping strategies, problem solving, and positive self-talk.

Eligibility

Youth ages 8-11 with an identified mental health need, no cost.

Insurance or payment planning applies for group therapy and skills groups.

When

Mondays | June 15 - August 10 | 9:00 AM - 12:30 PM

How to Refer

Talk to one of your child's current People Incorporated providers or contact People Incorporated's Central Access Team at 651-774-0011.

MINDFUL MONDAYS

At Family Life Mental Health Center

Mindful Mondays is a 9-week summer program offering half-day youth programming that includes Artability workshops, a Children's Therapeutic Services and Supports (CTSS) skills group, group therapy, and lunch.

Transportation can be provided as needed to and from the Family Life Health Center.

Artability Workshops:

Weekly art projects providing the opportunity for self-expression, building of self-confidence, and exploration of a range of art mediums and techniques.

Mindful Mondays Skills Group:

Through fun, engaging activities and guided discussions, youth will learn to manage emotions, improve focus, and develop strong communication skills.

Mindful Mondays Therapy Group:

The group will address identifying and naming feelings, calming and coping strategies, problem solving, and positive self-talk.

Eligibility

Youth ages 12-14 with an identified mental health need, no cost.

Insurance or payment planning applies for group therapy and skills groups.

When

Mondays | June 15 - August 10 | 10:30 AM - 2:00 PM

How to Refer

Talk to one of your child's current People Incorporated providers or contact People Incorporated's Central Access Team at 651-774-0011.