

Teen Yoga & Mindfulness Group

Foster empowerment and develop mindfulness practices to reduce anxiety, improve self-esteem, and foster empowerment.

Ages: Girls 13-21

Begins: September 23rd

Time: Wednesdays 3:30pm-5:00pm

Location: 1405 N Federal Blvd, 80204

Facilitators: Ilene Solomon & Jenn Paz

Open Enrollment

Treatment

Yoga Workshops for Teens & Emerging Adults

For beginners and advanced yoga learners alike! Open to anyone who wants to learn about yoga poses and breathing techniques to help reduce stress and feel more peaceful.

Ages: 14-26, Co-ed

Dates: To Be Announced

Location: 1610 N Emerson St, 80218

Facilitators: Ilene Solomon & Jenn Paz

Open Enrollment

Prevention/Education

Caregiver Yoga & Mindfulness Workshop

For beginners and advanced yoga learners alike! Open to anyone who wants to learn about yoga poses and breathing techniques to help reduce stress and feel more peaceful. Three standalone workshops will be offered throughout the summer.

Ages: Adult Caregivers 18+, Co-ed

Dates: To be announced

Location: 1440A Grove St, 80204

Facilitators: Ilene Solomon & Jenn Paz

Open Enrollment

Prevention/Education

A Note on Groups...

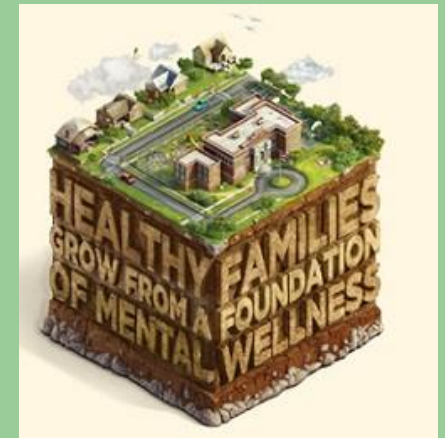
Children, teens, and young adults are social beings. Throughout their lives they spend vast amounts of time in group settings. Between school, work, and our families, group units are the most prominent way through which we learn about our world, develop new skills, and become our best selves. Group activities and interventions have long been recognized and demonstrated to be one of the most effective ways of fostering healthy growth and development and addressing underlying needs. With this in mind, the Mental Health Center of Denver is pleased to offer an ongoing array of groups to meet the needs of the children, youth, and families we serve in one of the most effective fashions.



1405 N. Federal
Denver, CO 80204
www.mhcd.org



**Child & Family
Group Offerings
FALL 2015**



Tel: 303-504-7900

Enrollment...

To enroll in groups or other services with the Mental Health Center of Denver (MHCD), please contact our Access Center at 303-504-7900. When speaking with the Access Clinician, please identify the group you would like to participate in. All children, adolescents, and adults not already enrolled in MHCD services will be scheduled for an initial 30 minute Behavioral Health Assessment to provide an overview of our services and insure individuals are matched with the group or service that will best meet their needs.

Self-Regulation & Grounding Group for Children

Each week will focus on one of the five senses and will include a hands-on activity and take-home project to assist children to learn to use the earth to self-regulate. Children at any stage of the therapeutic process are welcome to join.

Ages: 7-9, Co-ed

Begins: September 22nd

Time: Tuesdays 3:15pm-4pm

Location: Sloane's Lake

Facilitators: Jen Harmon & Stephanie Stava

Open Enrollment

Prevention/Education/Skill Building

Girls Circle

Evidenced-based structured support. Designed to foster self-esteem, counter trends toward self-doubt, & allow for genuine self-expression through verbal sharing & creative activity while also providing discussion & education around drugs/alcohol, sexual education & responsibility.

Ages: Girls 9-13

Begins: September 14th

Time: Mondays 3:30pm-4:30pm

Location: 1405 N Federal Blvd, 80204

Facilitator: Scarlett Doise & Cassie Hammond

Open Enrollment

Prevention/Education/Skill Building

Youth Grief & Loss Group

A group offering adolescents the opportunity to learn about, share, and explore some common experiences related to the process of understanding and surviving grief and loss. Group participants will be able to connect to one another by relating their experiences of having lost a significant person in their lives (i.e. through death, separation/divorce, estrangement, or long-term incarceration)

Ages: 13 to 17, Co-ed

Begins: October 1st

Time: Thursdays 12:30-1:30pm

Location: 1405 N Federal Blvd, 80204

Facilitator: Matt Duckett

Time-Limited Enrollment

Treatment Group

ACT for Anxiety

A weekly group devoted to utilizing Acceptance & Commitment Therapy to help adolescents encounter anxiety differently and pursue a full and meaningful life.

Ages: 14-26, Co-ed

Begins: September 15th

Time: Tuesdays 2pm-3:30pm

Location: 1610 Emerson St, 80218

Facilitator: Dr. Diem Phan, Erin Flanigan

Time-Limited Enrollment

Treatment Group

Trauma Resourcing Workshop

Connect with other peers and a supportive community while gaining skills and learning about resources to enhance self-efficacy and foster posttraumatic growth.

Ages: 11-15, Co-ed

Date: Monday November 2nd

Time: 11am-1pm

Location: 1405 N Federal Blvd, 80204

Facilitators: Alison Dozier & Allison Miller

Open Enrollment

Prevention/Education/Skill Building

Young Mothers Group

A place for new moms to meet and share their experiences. The group will discuss challenges of parenting and the associated lifestyle changes in effective parenting.

Topics will include: connecting to resources outside of family, how to continue with school while parenting, finding and making new friends, self-esteem and hopes for the future.

Ages: Moms ages 18-25

Begins: Actively running

Time: Thursdays 1pm

Location: 1405 N Federal Blvd, 80204

Facilitators: Dorothy Renner

Open Enrollment

Treatment

Women's Therapy Group

A traditional process oriented therapy group offering support for women. Topics will include: parenting challenges, managing anxiety, recovering from difficult or abusive relationships, communication skills, connecting to supportive external resources and building on internal resources.

Ages: Women aged 25+

Begins: Actively running

Time: Fridays 10am

Location: 1405 N Federal Blvd, 80204

Facilitators: Dorothy Renner

Open Enrollment

Treatment