



NORTHWEST Youth & Family Groups

Northwest offers a number of groups to support the mental health and well-being of youth and their families in Northwest Region I.



CALL
701.774.4600
FOR MORE
INFORMATION

Group location:
316 2nd Ave W, Williston, ND

NORTH
Dakota Be Legendary.

Health & Human Services

AGES
6-9

HOLDING ON TOGETHER

Tuesdays 4 p.m. | Group Counseling for Youth and Caregiver

- Youth and their caregivers will engage in co-regulation activities and learn new emotional regulation tools to foster healthy attachment.

AGES
10-13

BE MORE AWARE

Mondays at 3 p.m. | Skills-Focused Group

- Youth develop communication, problem-solving and positive relationship building skills through various activities.

AGES
10-14

MINDFULNESS

Fridays at 11 a.m. | Skills-Focused Group

- Youth will learn mindfulness tools for healthy coping skills, relaxation, inner peace and harmony.
- Additional mindfulness techniques will focus on developing concentration, healthy food habits, building confidence, and tolerating discomfort.
- Control and recognize urges and increase self-awareness through non-competitive physical activity that promotes grace and compassion.

AGES
13-17

HEALTHY LIVING

Wednesdays at 3 p.m. | Skills-Focused Education Group

Meet with our registered nurses to cover topics such as:

- Healthy and good choices
- Medication education
- Mental health
- Effects of substance use on the body
- Self-care
- Nutrition
- Safety

AGES
14-17

RIISING TO CHALLENGES

Thursdays at 4 p.m. | Group Counseling

- **Open Group Processing:** Group topics are flexible and based on current stressors and conflict identified within the group.
- **Promote Self-Regulation:** Each week starts with a regulation exercise to add to group members' coping skills toolbox.
- **Build Connection:** Increase your sense of belonging in a safe, therapeutic environment.