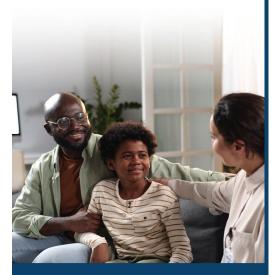


# NORTHWEST Youth & Family Groups

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 2<sup>nd</sup> Ave W, Williston, ND

**akota** Be Legendary.

Health & Human Services



### 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.



## **BE MORE AWARE**

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

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



#### **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.



## **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

- Self-care
- Nutrition
- Safety
- Effects of substance use on the body



# **RISING 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.