

Summer Outdoor Adventure Therapy & Adventure-Based Counseling Groups



Details:

- Mental health therapy & skills counseling groups for ages 8-18 yrs old
- 2-3hrs/day, 1 day/week, June – August
- Equipment, safety gear, activities, snacks & water will be provided
- Groups will be led by GMFS licensed therapists and mental health practitioners
- Limited spots are available

Program Objectives:

- Assist youth in progressing towards their MH goals
- Promote greater engagement in therapy/counseling
- Increase resiliency, self-awareness, and self-confidence
- Teach problem solving skills and social skills
- Create meaningful opportunities to face real-life experiences and challenges
- Process group experiences & transfer learning to daily life

Program Activities:

- Group initiatives/games/low-rope challenges
- Group discussion
- Nature exploration/Wilderness Survival Skills
- Mindfulness Activities
- Hiking
- Kayaking/Canoeing
- Biking

Registration: *New Clients:* Please use the referral form on our website to refer a new client to the summer groups and send to records-referrals@greaterminnesota.org. *Current Clients:* If making a referral for a current client of Greater Minnesota Family Services, you can contact their primary GMFS provider directly, or the appropriate staff listed below. Deadline to enroll in Summer groups is May 25th.

Payment Options:

- 1) Health Insurance: Client will need a current diagnostic assessment & treatment plan prior to the group start date.
- 2) Out of pocket: Contact us for rates
- 3) No Insurance, limited insurance, or no ability to pay out of pocket: Contact us to discuss possible scholarship options

For questions about Summer Groups in the following locations, please call/email:

CLEARWATER:

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