



LOVEBOND
BEHAVIORAL HEALTH

5 WAYS WE THRIVE

Step into *THRIVE*, a dynamic series of low to no-cost, evidence-based group therapy sessions crafted to empower every facet of your life. Whether you're a dedicated provider, an devoted teacher, a nurturing parent, or a thriving child or teen, we've tailored support just for you—available both virtually and in-person, every week. From navigating workplace stress to fostering community connection, we're here to guide you toward flourishing in every area of your life.

Discover THRIVE: A Transformative Wellness Journey by LoveBond Behavioral Health

1



Kids Thrive

2



Parents Thrive

3



Seniors Thrive

4



Teachers Thrive

5



Providers Thrive

**Virtual and In-Person
Options**

Call: 469-709-8977

Visit: www.lbcbh.com

KIDS THRIVE



Helping kids navigate the complexities of growing up in today's world.

We offer:



Help for children to better understand and regulate their emotions, build healthy relationships, and develop coping strategies



Blends cognitive-behavioral techniques, play therapy, and mindfulness practices to foster emotional development, resilience.



Engagement for children under 12 in a fun but therapeutic environment.



**To better
our worlds
future.**

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PARENTS THRIVE

Giving parents the tools they need to help their children cope with mental illness through collaborative efforts.



We offer:

- ✓ Individual parenting sessions to receive tailored guidance and support. These sessions are designed to address specific challenges and concerns, providing personalized strategies that align with the family's values and dynamics
- ✓ Discover the power of self-care and self-acceptance
- ✓ Find new ways to prioritize your mental health and well-being



You are
capable

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Senior

Thrive



Empowering Your Journey, Embracing
New Beginnings

We Offer:

- ✓ Therapeutic support groups focus on evidence-based practices to assist with emotional and mental challenges related to aging, downsizing, and transitioning.
- ✓ To prevent mental exhaustion, stay physically active, and protect against senior-targeted scams and crimes.
- ✓ Engage in lifelong learning for mental sharpness and personal development.
- ✓ Stay engaged with your community and family, maintaining relationships and participating actively in the world around you.



**EMBRACE
LIFE'S
TRANSITIONS**

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TEACHERS THRIVE

"Rediscovering Meaning, Renewing Passion"



We offer:

- ✓ Tools that help you learn how to set boundaries, realistic standards, saying "No"
- ✓ Discover the power of self-care and self-acceptance
- ✓ Teachers support and resources to help you thrive in your classrooms.



Helping you
help the
next
generation.

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PROVIDERS THRIVE



A Safe Space for Healers, First Responders
and High-Level Service Professionals

We Offer:



Therapeutic Support Groups: Evidence-based, therapeutically grounded sessions designed to help you cope with the mental and emotional toll of your work.



Stress Management Techniques: Learn and practice mindfulness, relaxation, and cognitive-behavioral strategies to manage stress and prevent burnout.



Peer Support: Connect with others who understand your experiences and can offer empathy, support, and practical advice.



Supporting
Those Who
Support
Others

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