

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



Kids Thrive



Parents Thrive



Seniors Thrive



Teachers Thrive



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
- LOVEBOND BEHAVIORAL HEALTH

- Blends cognitive-behavioral techniques, play therapy, and mindfulness practices to foster emotional development, resilience.
- To better our worlds future.

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

Virtual and In-Person
Options

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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

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Senior

Thrive



We Offer:

- Therapeutic support groups focus on evidencebased 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.



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EMBRACE LIFE'S TRANSITIONS

TEACHERS

"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.



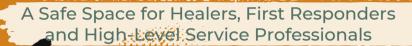
Helping you help the next generation.

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PROVIDERS





- 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 cognitivebehavioral strategies to manage stress and prevent burnout.
- Peer Support: Connect with others who understand your experiences and can offer empathy, support, and practical advice.







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