

# Summer 2024 Outdoor Adventure Therapy/Counseling Groups



## Dates:

Every Tuesday, starting June 11 through August 20.

Family Nights: June 25, July 30, Aug. 20

## Location:

TBD (Local parks in Elk River and surrounding area)

## Times:

9:00a – 12:00p, Group A

12:00p – 3:00p, Group B

3:00p – 6:00p, Group C

6:00p – 8:00p, Family Nights

## Details:

- Mental health therapy & skills groups for ages 8-18 yrs old
- 3hrs/day, 1 day/week
- Includes 3 Family group evening sessions, 1/month
- Equipment, safety gear, activities, snacks & water will be provided
- Transportation can be arranged for those who need it
- Groups will be lead by GMFS licensed therapists and mental health practitioners
- A minimum of 4 participants are needed to hold a group and there will be a maximum of 12 kids per group. Groups will be divided based upon age, ability, and location.
- More details regarding group time & locations will be provided after the registration deadline on April 30<sup>th</sup>.

## 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/challenges
- Group discussion
- Nature exploration
- Mindfulness Activities
- Hiking
- Kayaking/Canoeing
- Wilderness survival skills

**REGISTRATION:** To register a participant please click on the link and complete the [Online Form](#) by the **Deadline on April 20<sup>th</sup>**.

**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 scholarship options

For questions please call/email:

Kristen Hansel - [khansel@greaterminnesota.org](mailto:khansel@greaterminnesota.org), 612-270-6348 or

Victoria Zappa - [vzappa@greaterminnesota.org](mailto:vzappa@greaterminnesota.org), (320) 292-8493

A program of:



2320 E Hwy 12 - Suite 2 - Willmar, MN 56201

[www.greaterminnesota.org](http://www.greaterminnesota.org)

Fax: 320-214-9924

Summer 2024 Outdoor Adventure  
Therapy/Counseling Groups (Elk  
River)

