

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
- Includes monthly family group evening sessions, including dinner
- Equipment, safety gear, activities, snacks & water will be provided
- Transportation can be arranged for those who need it
- 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/challenges
- Group discussion
- Nature exploration
- Mindfulness Activities
- Hiking
- Kayaking/Canoeing
- Wilderness survival skills

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 April 20th.

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 CLEARWATER, please call/email:

Kallie Belling, kbelling@greaterminnesota.org, 320-905-8603

Bristy Kiffmeyer, bkiffmeyer@greaterminnesota.org, 320-292-2756

For questions about Summer Groups in ELK RIVER, please call/email:

Victoria Zappa, vzappa@greaterminnesota.org, 320-292-8493

Kristen Hansel, khansel@greaterminnesota.org, 612-270-6348

Elise Goodman, egoodman@greaterminnesota.org, 612-271-0598



2320 E Hwy 12 - Suite 2 - Willmar, MN 56201
www.greaterminnesota.org
Fax: 320-214-9924

For questions about Summer Groups in SOUTHWEST MINNESOTA, please call/email:

Mallory Nath, mnath@greaterminnesota.org, 507-308-0560