

Summer 2024 Outdoor Adventure Therapy/Counseling Groups



Dates:

Every Monday, starting June 10 through August 19

Family Nights: June 24, July 29, Aug. 19

Location:

TBD (Local park in Becker/Big Lake/Clearwater)

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, 1x/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 30th.

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 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 scholarship options

For questions please call/email:

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

A program of:



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(Becker)

