



Adult Healthy Living Group

The Healthy Living Group is a program offered through Pine Rest designed to meet the needs of individuals who are struggling with depression, anxiety or mood regulation problems.

What you can expect to learn

- Assertive communication skills
- Coping with stress
- Handling uncomfortable emotions
- Impact of diet/nutrition on mental health
- Relational skills
- Sleep hygiene
- Dealing with guilt, shame and stigma
- Identifying and living out your values
- Relapse prevention planning
- Addiction/Compulsive behavior

The benefit of learning in a group format is that you not only have access to a trained mental health therapist, but also to peers that have been through similar experiences and can offer insight and support that is hard to get any other way. The group meets once a week for 12 weeks. New group members can join at any time. For all the details, including upcoming class dates, times and facilitator info, please visit pinerest.org/healthy-living-group.



pinerest.org/healthy-living-group

When

For exact dates and times
visit pinerest.org/healthy-living-group

Locations

Pine Rest Northeast Clinic
3225 N. Evergreen Drive NE, Suite 301
Grand Rapids, MI 49525

Pine Rest Campus Clinic
300 68th Street SE
Grand Rapids, MI 49548

Pine Rest Caledonia Clinic
6505 Cherry Meadow Drive SE
Caledonia, MI 49316

Payment

Most insurance accepted
Ask if you qualify for financial assistance

To Schedule an Orientation Session

Call 866.852.4001 or talk to your therapist,
psychiatrist, or case manager.