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.

**When**
For exact dates and times visit [pinerest.org/healthy-living-group](http://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.