Helping Kids Heal with Play Therapy

Play therapy provides a great way for children to explore and share their thoughts and feelings. Amanda Shaneberger, Registered Play Therapist, shares how it can greatly benefit children during times of transition such as divorce or loss of a loved one, and with smaller concerns, such as easing bedtime fears, as well as with more significant problems such as not being able to talk with anyone except their closest caregiver.

Watch Amanda's Interview on ABC4

Learn More About Play Therapy

Healthy Relationships Make Us Healthier
Celebrate all of your relationships! Whether it’s a sweetie, a sister or a BFF, the quality of our relationships helps us cope better with stress, feel better about life, and live longer! Therapist Jean Holthaus offers seven tips to improve all of your relationships.

Healthier Relationships = Better Health

Add Mental Health to Your Heart Health Plan

Your thoughts, attitudes and emotions are just as important to your heart health as exercise, nutrition and working with your physician to prevent or manage heart disease. Plus, managing your heart health can have a direct, positive impact on depression symptoms and stress levels. Read more about this heart-mental health connection and learn positive steps that can improve your health or that of a loved one.

Managing Your Mind/Body Health
New Masters Internship for Therapists

We're starting a new internship in August for up to 16 individuals each year who are pursuing a psychology, social work or professional counselor master's degree. Interns will receive mentoring and experience in inpatient, outpatient, psychological testing, residential and/or school settings. Therapists are in high demand in West Michigan, and through this program we hope to help more area students get the expertise and support they need to pursue their career goals.

Learn More About the Program

Watch Interview on eightWest

Upcoming Support Groups & Community Classes
NEW CLASS! Family & Friends of Loved Ones with BPD

Borderline Personality Disorder (BPD) is a serious mental illness and loving someone with BPD can be confusing, intense, and even painful. The Family and Friends Class is a 4-session educational series designed to increase understanding of the illness and equip you with tools for coping effectively.

February & March dates available but spots filling up fast, so register today. Learn More.

Complete List of Available Groups & Classes

Mental Health Matters is your connection to the latest mental health news, resources and tips from our experts at Pine Rest and from across the industry. If you find this information helpful and informative, we hope you'll invite your friends and family to sign up today!

Addiction expertise for this exact moment.

SIGN UP A FRIEND FOR MHM

PROFESSIONAL EDUCATION NEWSLETTER

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