RESILIENT MIND GROUP

The Resilient MIND group therapy program at the BHC is an educational skill-building group to improve individual's capacity to adapt in the face of challenging circumstances.

In the Resilient MIND group, participants will learn positive ways to cope with difficult emotions such as worry, sadness, anger, and stress. Group meetings will help participants build self-awareness and understanding of how thoughts, feelings, and behaviors are constantly interacting and influencing one another. During group meetings participants will learn skills to improve emotional resiliency and have an opportunity to share and hear from others in the group.

MORE INFO AT PSYCHOLOGY.ARIZONA.EDU/BHC

Mondays at 5:30pm via Zoom $15 per session

The Resilient MIND Group is not intended to be a substitute for individual therapy and is not appropriate for individuals seeking treatment for symptoms of substance use, alcohol abuse, psychosis, mania or hypomania, eating disorders, or who are acutely suicidal or in need of crisis intervention services. In collaboration with the UA MIND Clinic, reduced rates are available for MIND clinic patients.