

# OPEN YOUTH AND FAMILY VIRTUAL GROUPS

These groups are open to all clients, community members, and staff

## Parent Educational Series

Mondays and Wednesdays, 4:00 pm

**[healthwest.zoom.us/j/93010390336](https://healthwest.zoom.us/j/93010390336)**

Contact: Holly Hawkins with questions

A place for parents, educators, and professionals to gather and learn about a variety of topics to support youth.

## Play and Learn

Wednesdays, 11:00 am

**[www.facebook.com/HealthWestMuskegon](https://www.facebook.com/HealthWestMuskegon)**

Stop by for virtual story time! This session is designed for parents and their children 6 years old and under.

## Teen SMART Recovery

Tuesdays, 1:30 pm

**[healthwest.zoom.us/j/208977640](https://healthwest.zoom.us/j/208977640)**

Contact Meaghan Dulin with questions

Self-Management And Recovery Training (SMART) is a mutual-support group for teens (ages 13-19). At meetings, participants help one another resolve problems with any addiction (to drugs or alcohol or to activities such as gambling or over-eating). Participants find and develop the power within themselves to change and lead fulfilling and balanced lives guided by our science-based and sensible 4-Point Program®.

## Coping Skills for Teens

Fridays, 2 pm April 24-May15

**[healthwest.zoom.us/j/208977640](https://healthwest.zoom.us/j/208977640)**

Contact Abby Berkey with questions

Cognitive Behavioral Therapy is helpful in learning more about how to manage symptoms of Depression and Anxiety. This is a four week group where you will learn a new skill each week. Cognitive Behavioral Therapy is designed to manage present day needs and concerns. For youth grades 9-12.

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### Common Sleeping Issues with Children: 0-10 years old

May 11, 4:00 pm

<https://healthwest.zoom.us/j/94886932847?pwd=Q3pBVytpUDl6YWl3WFVNREERKaHhwQT09>

Contact Jeremy LaDronka with questions

Common sleeping issues for children ages 0-10 years old, and strategies to deal with the challenges.

### Common Eating Issues with Children: 0-10 years old

May 18, 4:00 pm

[healthwest.zoom.us/j/91456104714?pwd=TzU3RWxWdWNQTEZ6QUQ2eFYwWEhDZz09](https://healthwest.zoom.us/j/91456104714?pwd=TzU3RWxWdWNQTEZ6QUQ2eFYwWEhDZz09)

Contact Jeremy LaDronka with questions

Common eating issues in children ages 0-10 years and how to deal with them.

### Caring for Children Who Have Experienced Trauma

Starting Friday, May 8th 1:00-2:00 pm

[healthwest.zoom.us/j/208977640](https://healthwest.zoom.us/j/208977640)

Contact Bethany Sebree with questions

This is an 8 week group for providers and professionals supporting youth who have experienced trauma. The group will help with understanding trauma, building safety, supporting youth through their feelings and behaviors, the healing power of connections, becoming an advocate, and self-care.