



*Plymouth* Mental Health

# Saturday Self-Care Circle

## Overview of group

**Mission:** Fostering a safe, welcoming environment for our teens to learn healthy habits and practice self-care with their peers

### **Who can join group?**

Teenagers from the ages of 13-18 who are enrolled in services at PMH

### **How can I enroll my child(ren) into PMH?**

Contact our admin office to book an intake session with one of our clinicians

### **Is individual therapy required to be a part of group?**

Yes, but frequency and intensity of therapy can be decided at intake between the clinician and family

### **How often is group going to be held?**

We are starting with one group session a month until interest increases and more sessions need to be offered to accommodate numbers

### **When and where is group held?**

Every 3rd Saturday of the month, at our Plymouth location. Group will be from 10:30am - 12:00pm

### **How do I pay for group sessions?**

We accept BlueCross BlueShield insurance and we are offering a \$40 private pay rate

### **Contact us for questions and enrollment!**

[isabella@plymouthmentalhealth.com](mailto:isabella@plymouthmentalhealth.com)

[info@plymouthmentalhealth.com](mailto:info@plymouthmentalhealth.com)

Text: 734-386-0436