

Adult Day Treatment Group

Canvas Health, a community mental health center, is offering a day group at its North Branch location for adults who currently experience significant mental health symptoms that interfere with daily functioning.

When: This group meets Mondays, Wednesdays, and Fridays from 9 a.m.-12 p.m. The program typically takes 12 weeks to complete. Group enrollment is open and new members are able to join as long as there are openings available.

Where: Currently offered via telehealth (using the Zoom app). Services are based out of Canvas Health's North Branch office.

What: Day treatment includes components of both psychotherapy and rehabilitative skills. The goals of the program include: learning about mental illness and strategies for daily living, identifying and using coping strategies, decreasing symptoms, reducing relapses and rehospitalizations, and making progress towards goals and towards recovery.

Facilitators: This group is facilitated by Janica Edwards, PsyD, LP, Licensed Psychologist

Cost: Prior to enrollment in the group, the client's current insurance coverage will be verified. A self-pay rate also is available.

Action: For more information or to join, please contact Canvas Health Central Intake at (651) 777-5222.