

# Adult Group Therapies Quick Reference Guide

## Day Treatment



**Foundations** – Monday, Tuesday, & Thursdays: 9 a.m.-12 p.m., 12-week program. In person at our Oakdale clinic. Virtual option available through North Branch.

**DBT Skills Day Treatment** - Monday, Wednesday, & Fridays: 10 a.m.-1 p.m., 12-week program. In person only at our Oakdale clinic.

## Weekly Group Therapy

**PACE** - Mondays: 1:30-2:30 p.m. In person at our Oakdale clinic. Virtual option available.

**DBT Skills Aftercare** - Tuesdays, 10-11:30 a.m. Virtual only.

**DBT Skills Aftercare** - Wednesdays, 1:30-3 p.m., 12-week program. In person only at our Oakdale clinic.

**Symptom Management** - Fridays, 1-2:30 p.m. In person at our Oakdale clinic. Virtual option available.

**Relapse Prevention** - Wednesdays, 3:30-4:30 p.m., In person at our Oakdale clinic. Virtual option available.

**Intro to DBT Skills** - Tuesdays & Thursdays, 1-2 p.m., 12-week program. In person only at our Oakdale clinic.

**Transitions** - For young adults (18-25). Thursdays, 3:30-5 p.m., 16-week program. In person only at our Oakdale clinic.

**LGBTQ+ Young Adult Group** – For young adults (18-25). Tuesdays, 4-5:30 p.m., 12-week program. In person only at our Oakdale clinic.

Questions? Contact Morgan Phillips, MSW, LICSW, LADC, Adult Group Therapies Clinical Supervisor, at (651) 251-5052 or [adt@canvashealth.org](mailto:adt@canvashealth.org). Access referral forms at

[CanvasHealth.org/Client-Forms](https://CanvasHealth.org/Client-Forms). Referral fax: (651) 251-5110. Referral mailing address: Canvas Health Adult Group Therapies; 7066 Stillwater Blvd. N.; Oakdale, MN 55128