Behavioral Health Support Groups

Ask your provider about what groups might be right for you.

For More Information contact
Alexus Mattice, BH Coordinator

(360) 788-2660 or alexus.mattice@ucnw.org

https://unitycarenw.org/wellness-calendar/ Most groups will meet over **Zoom**

- Wellness Skills for Pain Management
- Dialectic Behavioral Therapy Skills
- Art Group
- Mindfulness for Everyday Life

