

GIRLS GROUP

The group is a skills group that will discuss topics that girls wish to learn more about. Some examples are friendships, family, relationships, communication, body-image, etc.

All girls are
welcome

Starting September 4th
Every Thursday
during 7th period
(1:20pm-2:10pm)

Meeting in CHD's
office in
the Middle School
(2nd floor)



(541)962-8800

CHD

chdinc.org



ART GROUP

Starting September 8th
Mondays 3:30pm-4:30pm

Timber Ridge Apartments
Community Room
3002 East Q Ave Island City

Ages 5-17 Welcome
Open to the Community

(541)962-8800

chdinc.org

CHD

Recovery and More

A group for youth in recovery to build connection, learn coping tools, and gain life skills. We focus on recognizing triggers, avoiding relapse, and creating a healthier path forward—together.

Tuesdays 3:30pm-4:30pm

**@ CHD 2301 Cove Ave
Community Room 3**

Ages 13-17

(Age can be flexible by discretion of counselor)

**This group is available to CHD enrolled youth.
Ask your clinician to join.**

chdinc.org

(541)962-8800





Voices

A group designed for self-discovery and empowerment!



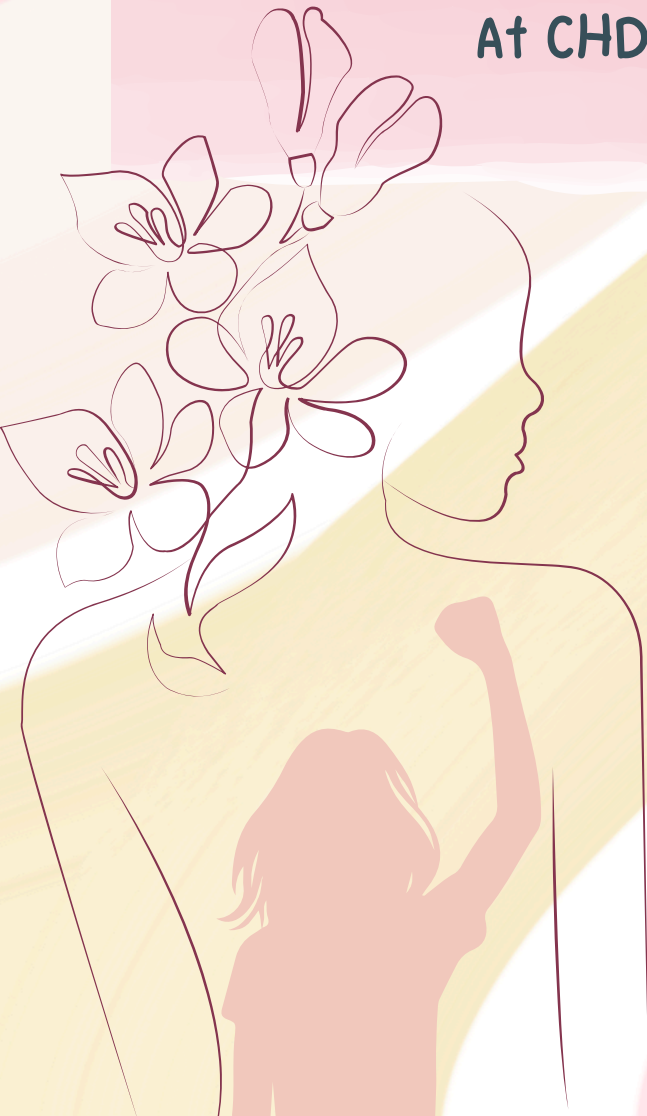
Female Group for
Ages 14-17

(Age can be Flexible by discretion of
counselor)

Wednesdays

4:00pm-5:00pm

At CHD in room Community room 3
(541)962-8800




MINDFULNESS
BUSINESS TAGLINE

This group is available to
CHD enrolled youth.
Ask your clinician to join.

CHD chdinc.org

Crocheting, Knitting, & Relaxing



Thursdays
3:30pm-4:30pm

Ages 13-17
At CHD
2301 Cove Ave
Open to the
community

CHD
(541)962-8800
chdinc.org

Why Try?

A group to help build self-esteem, boost resilience, and learn how to communicate with confidence and respect.

Ages 13-17

This group is available to CHD enrolled youth.

Ask your clinician to join.

Starting September 10th

Wednesdays

4:00pm-5:00pm

At CHD

**2301 Cove Avenue
Community Room 1**



CHD

**chdinc.org
(541) 962-8800**



LEVEL UP: INTERNET SAFETY & GAMING GROUP

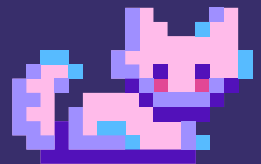
AGES: 11-14

OPEN TO
THE
COMMUNITY

Game On & Stay Safe!

Come play video games and learn about:

- Internet Safety
- Screen Time Balance
- Smart Social Media Use



Tuesdays At the La Grande
Middle School.
Meet out front after school
by 3:10pm,
group ends at 4:30pm



BeReal.

(541)962-8800

CHD

chdinc.org

STARTS OCT 6TH
MONDAYS 3:10PM-4:30PM

HEROES OF COURAGE

TEENS WILL EXPLORE WHO THEY ARE
-ONE QUEST AT A TIME.

AT THE LA
GRANDE HIGH
SCHOOL
ROOM 53A

OPEN TO THE
COMMUNITY

ALL HIGH SCHOOL AGE

Heroes of the Courage is a creative, therapeutic group
using fantasy role-playing games (RPGs) and Geek
Therapy principles to support emotional growth, social
skills, and identity development.



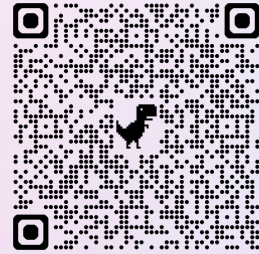
Exploring Art

Session 1 (Lino Printing-Oct 3, 10, 17, 24); Session 2 (Junk to Jems-Nov 14, 21, Dec 5, 12)

Each group will be run for four sessions. Participants will explore a different art medium where they will create projects to take home. Come build positive social connections and explore art as a path to wellness.

Fridays 3:00pm-5:00pm
Elgin Library
Ages: 14-Adult

Sign up is required



Space is Limited

Wraparound SOC information will be offered.



CHD
(541)962-8800
chdinc.org

