

Things have changed and we're all new to this . . .

To join groups, contact Maggie Albers at margareta@health.solutions, or call 719-568-1250.

Mondays

11 a.m., Parent group with Laura

Local resource links for families:
<https://www.health.solutions/localsolutions/>

Tuesdays

10 a.m., Overcoming anxiety and depression for teens with Lindsay

2 p.m. Setting a schedule that works for you and your family with Katelyn and Stephanie

Wednesdays

10 a.m. Webinar for teachers and early childhood care-givers with Julie

1 p.m. Making an activity box: youth 4-10yrs old with Martha

2 p.m. Youtube story and crafts for youth: 6-10 years old and parents with Justin and Ellen

4 p.m. IOP parent group with Robyn

Thursdays

10 a.m. Overcoming anxiety and depression and anxiety with Lindsay

10 a.m. Early Childhood parents with Julie and Ellen

1 p.m. Boundary group for adults with Diane

4 p.m. Yoga and Mindfulness for all ages with Robyn

Fridays

11 a.m. Early Childhood IOP parent group with Laura

1 p.m. Coping with depression and anxiety (adults) with Raquel, Lindsay and Justin

2 p.m. Managing homeschooling/work/and stress with Heather



Updated 4/13/2020

If you feel overwhelmed with anxiety, fear and uncertainty, give Health Solutions a call. Health Solutions offers individualized services for children, adolescents, adults and families. Our phone lines are open 24/7/365.

719.545.2746



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CRISIS SERVICES

844-493-TALK (8255)
OR TEXT TALK TO 38255