



# Recovery Ways

Healing is Possible



[www.RecoveryWaysIdaho.com](http://www.RecoveryWaysIdaho.com)

**Quality Behavioral Healthcare**  
for Adults, Adolescents, and Children, in Person & Telehealth

## February and March Group Offerings

### Body Positivity & Self-Esteem Building Group for Adults

This 8-week closed process experiential group will feature art therapy, bibliotherapy, psychoeducation, and group discussion. Areas of focus will include unconditional self-acceptance, improving self-esteem, social media and body positivity, self-care strategies, and coping skills for managing negative self-perception. Intuitive eating and intentional movement as alternatives to fad dieting will be explored.

Mondays from 6:30-8:00 PM. Held in-person only at Nampa location. First group meeting will be Feb 28th, 2022. Contact the Nampa office for intake and scheduling.

### LGBTQ+ Youth Group

This 1.5-hour group will be offered weekly for LGBTQ+ youth ages 13-17. This group will be open enrollment (rolling) and meet in a process group format to provide support for LGBTQ+ youth who are encountering issues and would benefit from support in navigating these issues from peers and professional staff.

Thursdays from 5:00 pm to 6:30 PM. Held in-person at the Boise location only. First group meeting will be February 17, 2022. Contact the Boise office for intake and scheduling.

### Dialectical Behavioral Therapy (DBT)

This is a 24-week skills training group session that will meet for 1.5 hours two nights a week. The training focus will be organized into 4 modules that integrate DBT's core training skills of emotional regulation, distress tolerance, interpersonal effectiveness, and core mindfulness. Those experiencing high intensity of emotions and are motivated to try a new approach to managing emotions would benefit from this group experience. This is an open group that can be joined at any time.

Mondays & Wednesdays from 6:00-7:30 PM. Groups will be at the Boise location on Monday and at the Nampa location on Wednesday. Telehealth will be available both days. First group meeting will be February 28th, 2022. Contact the Nampa office for intake and scheduling.

**Various Insurances and private pay accepted. Ask for details surrounding Private pay and sliding fee.**

Boise office: 2273 S. Vista Ave. #190, Boise, ID 83705

Nampa office: 1811 E. Karcher Rd., Nampa ID 83687

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Phone 208-505-4419