



**530/677-4404**

## Cameron Park Counseling Center

is pleased to announce the launching of new services to meet the needs of our community.

We are offering a wide array of group treatment services in coordination with requests from our community partnership with CPS, Probation and the Family Law Court as well as other entities.

To register to attend one of the above groups, contact our front office staff to schedule an intake interview at 530 677-4404

We offer the following groups which will satisfy court ordered therapy requirements

- **MONDAYS 4:00-6:00pm**  
**DBT (Dialectical Behavior Therapy) for Adults** has proven to be effective for treating and managing a wide range of mental health conditions, including anxiety and depression, PTSD, self-harm and personality disorders.
- **TUESDAYS 4:00-6:00pm**  
**Stress Management** groups which include Mindfulness, Meditation, Body Awareness, and Acceptance.
- **WEDNESDAYS**  
**DBT (Dialectical Behavior Therapy) for Teens** has proven to be effective for treating and managing a wide range of mental health conditions, including anxiety and depression, PTSD, self-harm and personality disorders.
- **THURSDAYS**  
**Coparenting for parents** seeking to provide healthy cooperative parenting of their children post separation and or divorce. We have certificates available for Court Ordered therapy.
- **SATURDAYS 10:00am-Noon**  
**Anger Management** groups Court ordered
- **SATURDAYS Noon-2:00pm**  
**Coparenting for parents** seeking to provide healthy cooperative parenting of their children post separation and or divorce. We have certificates available for Court Ordered therapy.
- **All Groups are 8 weeks long. The fee is \$110 per person per session. 10% Discount for prepaid sessions. Intake is additional.**