



**PrairieCare**  
medical group

## **STRIDE:** *Therapy Group*

PrairieCare Edina • 6363 France Avenue South Suite 402, Edina, MN 55435 • 952.230.9100

### **GROUP INFORMATION**

Stride meets for 90 minutes per session, covering a variety of topics for healthy practical living and providing a safe space for processing. The group is an opportunity for collaborative discussion and support, as well as fostering both accountability and independence in mental health wellness. Stride offers extended professional mental health support, review and continued practice of mental health tools, and connection with others. Please contact the appropriate facilitator at the contact information listed below to schedule your Stride start date.

<b>AM OPTION</b>	<b>PM OPTION</b>
<b>9:30am to 11:00am Tuesdays &amp; Thursdays</b>  <i>Led by:</i> <i>Alexandra Smith, LPCC</i> (612-274-7571)	<b>2:00pm to 3:30pm Thursdays</b>  <i>Led by:</i> <i>Evy Claussen, LICSW</i> (952-903-1314)

952.826.8475



prairie-care.com

PrairieCare offers FREE Needs Assessments to anybody seeking psychiatric services. A Needs Assessment is a face-to-face interview with a trained counselor to help determine which level of care is most appropriate for that person. Anybody can schedule a Needs Assessment at one of our six locations. PrairieCare will schedule needs assessment appointments at the first opening available.

Call us at 952-826-8475 and ask to schedule a FREE Needs Assessment