








PRESCRIPTION FOR BEHAVIORAL HEALTH

 **Behavior Change**
Mental Health Clinic
1st & 3rd Tuesdays 0900-1000


 **Social Skills**
Mental Health Clinic
Wednesdays 1500-1600


 **Sleep Enhancement**
Mental Health Clinic
1ST & 3RD Thursdays 1400-1530


 **Relaxation Skills**
Mental Health Clinic
Tuesdays 1430-1530


 **Test Anxiety**
Mental Health Clinic
2nd & 4th Tuesdays 0900-1000

 **Mindful Eating**
Mental Health Clinic
3rd Wednesdays 1430-1530

 **Anger Management**
Mental Health Clinic
Wednesday's 1200-1330

 **How to Avoid Marrying a Jerk/Jerkette**
AFRC
Thursdays 1200-1300

 **Parenting 123**
AFRC
Tuesday 1200-1330

 **Cooperative Parenting Through Divorce**
Mental Health Clinic
2nd Friday 0830-1230

 **Couples Communication**
AFRC
Mondays 1200-1330

Mental Health Clinic: 696-5380
Comments: