

mn mental health clinics

Urgent Care:

For clients who have urgent need for assessment and care:

- next day assessments,
- immediate admission to Adult, Child or Adolescent Short-term Assessment and Treatment Program (STAT), or
- referral to a less urgent option as soon as possible.

Therapy Services:

- Individual Therapy
- Marriage and Family Therapy, Relationship Therapy
- Child and Adolescent Therapy, Child Play Therapy
- Psychiatric Services for Adults, Adolescents and Children coordinated with Psychotherapy
- Psychological Evaluations, Testing and Assessment
- Attention Deficit-Hyperactivity Assessment and Treatment
- Parenting Skills Training
- Group Therapy for Adolescents and Adults.
- Dialectic Behavior Therapy (DBT) for Adults and Adolescents.
- Divorce Adjustment, Grief and Loss Issues
- Biofeedback Stress Reduction and Relaxation Training
- Wellness and Growth Counseling

Day Treatment Services:

- Short-Term Assessment and Treatment Programs for Children, Adolescents and Adults.
- Core Day Treatment Programs for Children, Adolescents and Adults

Horizons Community Support Program:

- Support services for Dakota County
- Adults who have a serious and persistent mental illness.
- Includes Housing Support, Case Management, and Drop-In Center.

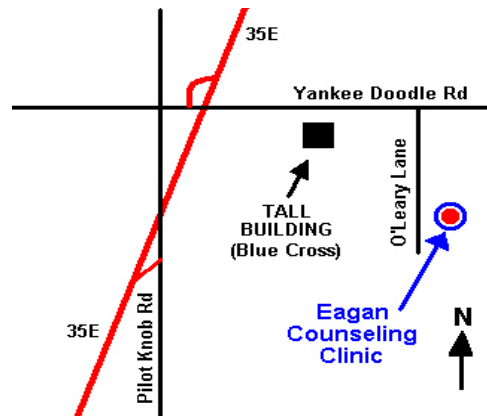
Eagan Clinic

Directions from Hwy 77

- North on Hwy 13
- Right on Yankee Doodle
- Cross 35E
- Right on O'Leary Lane
- At the end of the block on left.

Directions from 35E

- Exit Yankee Doodle
- East on Yankee Doodle from 35E
- Right on O'Leary Lane
- At the end of the block on left.



Women's Therapy Group



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Women's Therapy Group

The purpose of the Women's Therapy Group is to provide a safe, trusting environment in which women can pursue desired behavior change, increase self understanding, and grow personally. In this group women can find the special bond and wisdom that can be created only in a group of women. Members are asked to both support and challenge each other, with the help of the group facilitator, as they work on their chosen treatment goals.

Issues which women typically bring to group are anxiety, depression, intimacy and relationship concerns, self esteem, life transitions, and self care. The group facilitator will provide brief education on such topics, and then allow members to share and discuss their thoughts and feelings.

This sharing takes the form of self-disclosure and support rather than making judgments, giving advice or analyzing.

After the first group meeting, members are asked to contract to attend the group for ten successive weeks. At the conclusion of each ten week cycle, group members may elect to contract for additional sessions as needed.

The group will be facilitated by Jocelyn Byrd, MSW, LGSW. Her practice includes individual and group therapy. She specializes in anxiety, depression, and other mental illnesses, relationship issues, stress management, and dialectical behavior therapy.

Most health insurance plans provide coverage for group therapy. Please contact our office or your insurance carrier for information about your own coverage.

The group will meet Thursday evenings from 5:30pm-7:00pm. For further information or to register for this group, please call 651-454-0114. This is a wonderful opportunity to experience the wisdom, camaraderie, and compassion of other women.



The mission of Minnesota Mental Health Clinics is to be the leading provider of mental health services in the southeast metro region of Minneapolis/St. Paul. By providing client centered service excellence, Minnesota Mental Health Clinics promotes client stabilization, community integration and empowerment and helps clients achieve the highest level of functional capacity and personal growth.