



**COMING SOON  
NEW EVENING HOURS  
STARTING IN SEPTEMBER!**

**Behavioral Health Center  
Adolescent Outpatient Services**

- Partial hospitalization and intensive outpatient treatment for adolescents, ages 12 to 18.
- Services available Monday through Friday with day and evening hours.
- Day time programs operate from 8:30am to 11:30am or 1:00pm.
- NEW afternoon/evening program schedule:
  - Monday, Tuesday, and Thursday
  - 4:00pm to 7:30pm for teens
  - 5:45pm to 7:30pm Monday and Thursday for parents/guardians
  - Dinner breaks included

**What we provide**

- A team approach consisting of parents/guardians, Psychiatrists, Nurse Practitioners, Therapists, RNs, Expressive Art Therapists and Family Therapists.
- Individual, family and group therapy, as well as educational sessions on diagnoses, medications, effective communication, problem solving, healthy coping strategies, nutrition, healthy living, exercise, mindfulness, relaxation and more.

**For more information or to get started:**

- Admission to the program begins with a telephone call and an assessment appointment with one of our Clinicians at (925) 674-4265

[www.johnmuirhealth.com/behavioralhealth](http://www.johnmuirhealth.com/behavioralhealth)  
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