



Benton-Franklin Health District

Safe Babies, Safe Moms

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Prevent Promote Protect

Safe Babies Safe Moms Behavioral Health Groups

All classes are held in Classroom #3 at the Benton-Franklin Health District. Children under 6 months may attend. Childcare is provided for children older than 6 months.

Support Group & Breakfast

9:00-10:00 Friday

Support Group offers a safe, supportive environment for women to share daily life experiences. Support group is designed to give clients a time to talk with each other and staff and see how they are doing. The breakfast provides a chance for sharing a meal and the importance of nutrition.

Art Therapy Class

10:00-11:30 Friday

Art Therapy Group encourages individual growth and self-esteem by using creative skills as a healthy coping mechanism, and providing an opportunity for therapeutic insight in the process of creating art in a safe, trusting group environment.

Education Class

11:30-12:30 Friday

Education Class provides an array of educational offerings, such as Parenting Education, Cognitive Behavioral Therapy, Life Skills, Workforce Readiness, & Childhood Development education. Guest speakers are invited in to accentuate the curriculum such as the Health Officer, Domestic Violence, & Yoga instructors.

- Childcare provided at the Bilingual Learning Center in Kennewick.