



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

MRT Class (Moral Reconciliation Therapy)-

1:30-3:00 Monday

This cognitive restructuring program is designed for people who are attempting to take charge of their lives and set long term goals. Originally it was a jail based program, but it has since been modified for a less restrictive environment. Involvement in this group is by invitation, and must be arranged through a case manager. Children under 6 months may attend. Childcare is provided for children older than 6 months.

Support Group-

10:00-12:00 Thursday

The goal of this group is to offer a safe, supportive environment for women to share daily life stressors about parenting and recovery. Support group offers an educational component, including but not limited to, women's health care needs, care of infants and children, parenting skills, interpersonal skills and navigating life without drugs or alcohol. Children under 6 months are welcome, for older children childcare is provided at an offsite location.

Lunch Bunch-

12:00-1:00 Thursday

The goals for this group are making a nutritious meal and building on social skills. Participants also learn to organize mealtime activities, discuss cost saving/budgeting ideas, and reinforce developmental milestones regarding feeding, nutrition and communication at mealtime with children. Children under 6 months may attend

Creative Discovery-

1:00-3:00 Thursday

The goal of this group is for women to relax and have a good time doing crafts. They learn an enjoyable recreational activity free from drugs or alcohol. Supplies provided. Only children under 6 months may attend.

- Childcare provided at the Bilingual Learning Center in Kennewick or Pasco. Ask you case manager for help setting up your children.