CRITICAL CORE GROUP

What it is:
Critical Core is a modified version of a popular roleplaying dice game designed by mental health professionals. Each session will invoke creativity to help practice social skills by moving through the world as a character the group member created. The game will enhance in-the-moment learning through provided feedback, guidance, and practicing of skills. To end each session, there is time to reflect on skills learned and practiced through debriefing discussions with staff.

Areas Covered:
• Teamwork
• Problem Solving
• Active Participation
• Taking Accountability
• Conflict Resolution
• Coping Strategies

Teens ages 14-18
This group occurs weekly for 90 minutes, and has 12 weeks of curriculum. Please call to see when our next session starts!
Groups offered after school hours.

New Hope Mental Health Clinic
5555 Boone Ave N.
New Hope, MN 55428

More info and to register:
651.774.0011
www.peopleincorporated.org