

The Corvallis Clinic Foundation Hosts Weekly Online Mental Wellness Groups for Youth, Parents and Guardians

Monday nights starting at 6:00pm, 4x per month

The Corvallis Clinic Foundation provides online mental wellness groups to assist young people suffering from stress and depression, and for parents and guardians of preschool and school age children, including those with ADHD. Each group includes education, skills-building, and a time for questions and answers. Attendees may remain anonymous and can keep their camera on or off based on their comfort level.

YOUTH MENTAL WELLNESS ONLINE GROUP SCHEDULE No cost. No pre-registration needed. Drop-ins welcome.



Click on the links at CorvallisClinicFoundation.org/youth-mental-wellness to join a session. You will be asked for your email address and name, but you can remain anonymous.

Stress Management, for ages 13-19. Led by Dr. JJ Cisneros, The Corvallis Clinic. First Monday of each month, 6 pm (Jan. 9, Feb. 6, Mar. 6).



Dr. JJ Cisneros

Parenting Your Child with ADHD, for all parents and guardians. Led by Dr. Jeff Johnson, Licensed Professional Counselor, North Albany Wellness Center. Second Monday of each month at 6 pm (Jan. 16, Feb 13, Mar 13).



Dr. Jeff Johnson

Dealing With Depression, for ages 13-19. Led by Dr. Cara Wheeler, The Corvallis Clinic. Third Monday of each month at 6 pm (Jan. 23, Feb 20, Mar 20).



Cara Wheeler, PsyD

Parenting Your Preschool and School age Child, for all parents and guardians Led by Katherine Eastlake, Licensed Professional Counselor. Fourth Monday of each month at 6 pm (Jan. 30, Feb. 27, Mar 27).



Katherine Eastlake

Learn more at CorvallisClinicFoundation.org/youth-mental-wellness

These groups are not meant to replace professional care, are educational in nature, and are not recorded. The Foundation will never use, keep, or share your email address.