

Apple Valley Relational and Life Skills Group



The group is geared toward clients who have difficulties in relationships, have felt stuck in life, have anxiety or depression, and/or are looking to build communication skills.

Facilitator: Isaac Hatch-Gillette, MA

Wednesdays, 7:00pm - 8:00pm, Starting June 21st

Apple Valley Clinic

7300 West 147th Street, Suite 600, Apple Valley, MN 55124

Who Is Eligible

The group is offered to all genders, ages 18+ who are struggling with mental health issues, such as anxiety, depression, interpersonal relationships, stress, work issues, and more.

Contact Apple Valley Patient Care at (952) 997-3020 to enroll.

Questions? Contact Isaac Hatch-Gillette at IHatchGillette@nystromcounseling.com