

BALANCE program

BALANCE stands for **B**reathe, **A**ct,
Learn **A**bout **N**utrition, **C**ontrol, **E**xercise



BALANCE is for teens who want to improve their mood and decrease their anxiety while achieving a healthy weight.

The aim of BALANCE is to help young people and their families learn how thinking and feeling can affect everyday behaviors, and how movement and nutrition affect overall well-being.

BALANCE is a 16-week after-school program. The 90-minute weekly meetings consist of the following group activities:

- Extended mindfulness practice
- Cognitive behavioral therapy (CBT) focusing on mood, anxiety, nutrition, and health
- Brief mild-to-moderate physical activity

Parents/guardians will participate in their own groups with a focus on supporting teens in achieving their goals. Emotion regulation, nutrition, movement, and mindfulness skills will also be introduced.

The group promotes connections with others and strategies for healthier eating and daily exercise, while encouraging activities geared toward enhancing mood, diminishing anxiety and building self-confidence.

Who can attend?

If your teenager is 13 to 18 years old and interested in:

- Completing an initial evaluation to determine eligibility
- A pretreatment nutritional consultation with individual follow-up
- Group treatment with other teens
- Brief exercise sessions
- Losing weight

And has one caregiver willing to participate, they may be eligible for the BALANCE program.

Group will be billed through insurance. Copays and deductibles may apply. Please check with your insurance provider for details about coverage.



Bradley Hospital

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Please call **401-432-1081** or visit

lifespan.org/centers-services/outpatient-group-therapy-programs-kids-teens-parents

for more information about BALANCE.