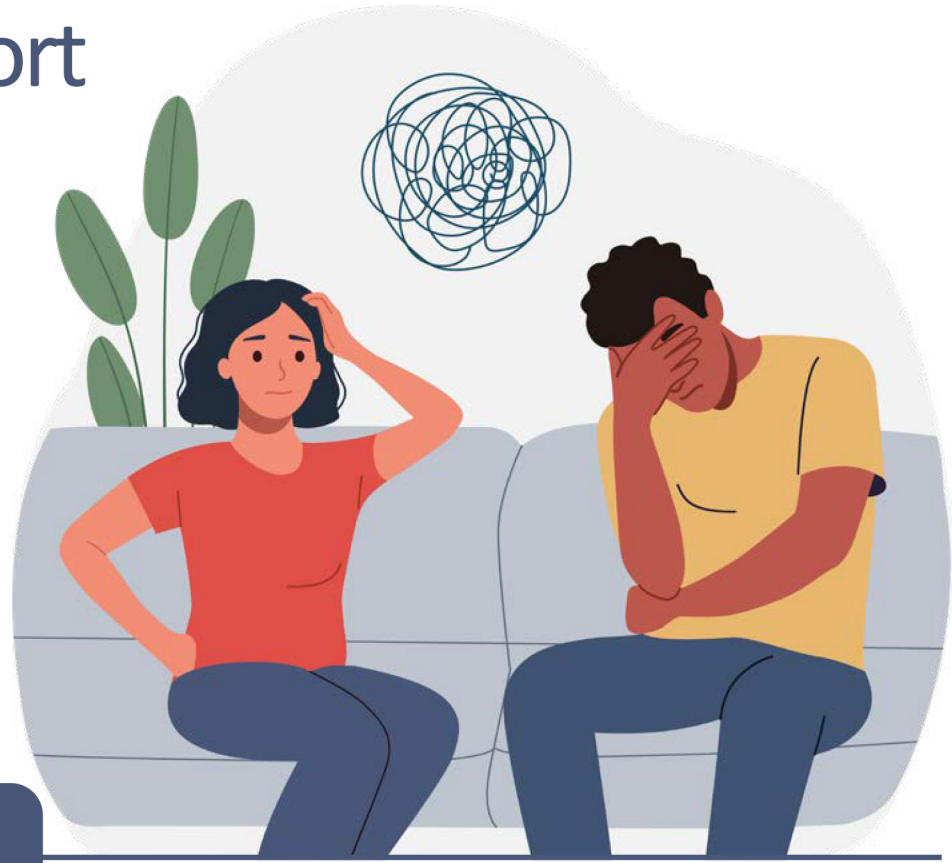
You are invited to join our no cost

Family Support Group

Support for parents and family members of adults struggling with mental illness.



Open Participation
You don't have to be a DBH client to attend.

Thursdays 7-8:30 pm

934 South Main Street
Layton, Utah

For more information or to sign-up, please contact:

Mindy Hinds
melindah@dbhutah.org

DAVIS BEHAVIORAL HEALTH
Community · Commitment · Change

- Increase understanding of mental health conditions
- Share feelings, frustrations, fears, and hopes
- Improve communication skills
- Set boundaries and manage conflict
- Navigate and access services
- Plan for safety and crises