

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
6:30-8:00 p.m.

934 South Main Street
Layton, Utah

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

Mindy Hinds

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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