



Natalis Counseling & Psychology Solutions Schedule for Groups

Group participation is limited and may be closed to accepting new referrals. For all groups, you may contact the respective provider by calling 651-379-5157, option 4, then use our dial by name directory. Prior to group participation, all participants will need to complete a diagnostic assessment with a provider.

Mondays

9:00 AM to 12:00 PM

Natalis Intensive Outpatient Program (Adults)

Led by Elizabeth Goodchild, Psy.D., MBA, MA, LMFT at Natalis – St. Paul

12:00 PM to 2:30 PM

Natalis Dialectical Behavior Therapy

Led by Roberta Sorenson, MS, LPCC, & Hans Erickson, MSED at Natalis – St. Paul

1:00 PM to 4:00 PM

Natalis Intensive Outpatient Program (Adults)

Led by Elizabeth Goodchild, Psy.D., MBA, MA, LMFT at Natalis – St. Paul

Tuesdays

9:00 AM to 10:00 AM

Hmong Women's Chronic Pain Management Group

Led by Vickie Wilhem, MS, LPCC at Natalis – St. Paul

10:00 AM to 11:00 AM
(every other week)

Hmong Women's Support Group

Led by Jamie Castner, MA at Natalis – St. Paul

12:00 PM to 1:00 PM

Hmong Women's Support Group

Led by Mara Pease, Psy.D., LP at Natalis – St. Paul

1:00 PM to 4:00 PM

Natalis Intensive Outpatient Program (Adults)

Led by Elizabeth Goodchild, Psy.D., MBA, MA, LMFT at Natalis – St. Paul

Wednesdays

10:00 AM to 12:00 PM

Hmong Women's Support Group

Led by Paul Blaske, MA, LPCC at Natalis – St. Paul

4:00 PM to 6:30 PM

Natalis Dialectical Behavior Therapy

Led by Elizabeth Goodchild, Psy.D., MBA, MA, LMFT & Jamie Castner, MA at Natalis – St. Paul

Thursdays

9:00 AM to 12:00 PM

Natalis Intensive Outpatient Program (Adults)

Led by Elizabeth Goodchild, Psy.D., MBA, MA, LMFT at Natalis – St. Paul

1:00 PM to 4:00 PM

Natalis Intensive Outpatient Program (Adults)

Led by Elizabeth Goodchild, Psy.D., MBA, MA, LMFT at Natalis – St. Paul

1:00 PM to 3:30 PM

Natalis Dialectical Behavior Therapy

Led by Sonal Markanda, Ph.D., LP & Hans Erickson, MSED at Natalis – St. Paul



4:00 PM to 6:00 PM
(every other week)

Hmong Women's Support Group
Led by Cheri Kuhn, Psy.D., LP, LPCC. at Natalis – St. Paul

Fridays

10:00 AM to 12:00 PM

Hmong Women's Support Group
Led by Keyur Desai, Psy.D., LP at Natalis – St. Paul

11:00 AM to 12:00 PM

Hmong Women's Support Group
Led by Kunga Norzom, MSW, Psy.D. at Natalis – St. Paul

12:00 PM to 1:00 PM

Hmong Women's Support Group
Led by Cheri Kuhn, Psy.D., LP, LPCC. at Natalis – St. Paul