



## 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*

2:00 PM to 3:00 PM

Hmong Women's Support Group

*Led by Keyur Desai, Psy.D., LP at Natalis – St. Paul*

4:00 PM to 5:00 PM

Hmong Women's Support Group

*Led by Roberta Sorenson, MS, LPCC 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*

9:00 AM to 12:00 PM

Natalis Intensive Outpatient Program (Adults)

*Led by Keyur Desai, Psy.D., LP 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*



5:00 PM to 6:00 PM

“Cross Roads” – Transgender/Gender Variant Recovery Group  
*Led by Elliot Nuckols, BS, Master’s Practicum Student 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, MEd 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*

5:00 PM to 6:00 PM

“Recovery Mindset” – Co-Occurring Outpatient Group  
*Led by Luke Bushman, MPS, LPCC, LADC & Elliot Nuckols, BS, Master’s Practicum Student at Natalis – St. Paul*

**Fridays**

11:00 AM to 12:00 PM

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

11:00 AM to 12:00 PM

Hmong Men’s Support Group  
*Led by Cheri Kuhn, Psy.D., LP, LPCC. 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*

