A STEP BEYOND INDIVIDUAL THERAPY

Is weekly therapy not enough? Do you need to build life skills that will help you deal with everyday activities? Do you want to learn how to reconnect with others and how to better manage your daily life?

GROUP SKILLS TRAINING

The Intensive Outpatient Program (IOP) at Fairfax accommodates adults with various schedules. This group-based program offers therapy techniques that teach coping skills in a safe and welcoming environment.

JOIN US

Meetings are held Monday, Wednesday and Thursday evenings from 5:30-8:30 PM for 6-8 weeks.

This program has structured family involvement and includes medication evaluation and management by a board-certified psychiatrist.

CALL US TO LEARN MORE

425.284.8300
IF YOU’RE DEALING WITH THESE ISSUES, WE CAN HELP.

Anxiety
Depression
Life Transition
Loss of Pleasure
Lack of Support
Recent Loss or Grief
Struggling at Work
Avoiding Social Activities

LOCATION
The Intensive Outpatient Program meets in the Fairfax Outpatient Services Building, located at 10126 NE 132nd Street, Kirkland.

INSURANCE
This program is covered by most commercial insurances including Premera, Cigna, First Choice, TRICARE and Medicare.

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