



# Insight Behavioral Health Center Support Groups

## Location

1 Chisholm Trail, Suite 5100  
Round Rock, TX 78681

### Adolescent Support Group

Date: Every Thursday

Time: 5:00 PM- 6:00 PM

*Open to the alumni and community*

### Adult Support Group

Date: Every Thursday

Time: 4:00 PM- 5:00 PM

*Open to alumni only*

### Facilitator: Jodi Hanson, MAS-MFT

Jodi Hanson, MAS-MFT holds a BS in Human Development & Psychology from the University of California Davis and a master's degree in Marriage and Family Therapy from Arizona State University. She has a background K-12 Special Education, beginning her professional career as an elementary school teacher for K-3rd graders on the Autism spectrum. Her current professional interests include trauma, attachment, nutrition and neuroplasticity and their roles in the family and healthcare systems. Jodi currently serves as a Program Therapist for Insight Behavioral Health Center in Round Rock.

*Please note: Group facilitators may shift based on staffing needs*

### Group Description:

Groups are ongoing, complimentary support for individuals living with mood, anxiety or trauma-related disorders.

### For More Info:

Contact Niki DuBois at (210) 503-4590 or at

[niki.dubois@eatingrecovery.com](mailto:niki.dubois@eatingrecovery.com)

