



ROSEVILLE OAKS OUTPATIENT BEHAVIORAL HEALTH CENTER

Part of the Heritage Oaks Hospital Family of Services

(916) 480-5101 • <https://theoaksoutpatient.com>

NOW OFFERING: DAY & EVENING Intensive Outpatient Program (IOP) for Teens

Helping teens build/develop:

Coping skills • Life strategies • Resilience training • Self-expression • Mindfulness • Distress tolerance • Emotional regulation • Interpersonal effectiveness

Day Program:

Monday, Wednesday, Friday
8:30 a.m. – 11:30 a.m.

Evening Program:

Monday, Tuesday, Thursday
4:30 p.m. - 7:30 p.m.

Parent meetings

Thursdays 6:30- 7:30 pm



**Get Help today- call: 916-480-5101
or visit our website: <https://theoaksoutpatient.com>**

Offering a short term treatment program designed for teens who are facing mental health and/ or substance abuse challenges.

Most insurance, PPO's, HMO's and TriCare accepted

1899 East Roseville Parkway, Suite 150, Roseville, CA 95661 • (916) 784-2626