



# TEEN DBT SKILLS GROUP

IN THIS GROUP TEENS WILL:

- LEARN SPECIFIC DBT SKILLS IN 4 CORE AREAS: MINDFULNESS, INTERPERSONAL EFFECTIVENESS, EMOTION REGULATION, AND DISTRESS TOLERANCE
- LEARN TO MANAGE INTENSE EMOTIONS AND SYMPTOMS OF ANXIETY AND DEPRESSION
- LEARN ALTERNATIVES TO SELF-HARM AND SELF-DESTRUCTIVE BEHAVIORS
- REDUCE IMPULSIVITY AND REACTIVITY TO STRESSORS
- EXPLORE AND IDENTIFY VALUES
- DEVELOP HEALTHY COMMUNICATION AND BOUNDARIES WITHIN RELATIONSHIPS
- PROVIDE & RECEIVE SUPPORT FROM PEERS IN A FUN, SAFE, AND SUPPORTIVE ENVIRONMENT

**NOW ENROLLING FOR OUR  
SESSION THURSDAYS @ 5 PM WITH  
LINDSAY @ OUR NORTHLAND  
LOCATION!**



**TO ENROLL: EMAIL OR CALL  
INFO@EMBARK-COUNSELING.COM  
(913)257-3161**