

DBT INFORMED SKILLS GROUP FOR ADOLESCENTS AND PARENTS

Dialectics is a way of understanding the world, a philosophy. It believes that there is always more than one way to see a situation and more than one way to solve a problem. Participants will learn a variety of practical techniques. This group is for adolescents and their parents.

Sessions will focus on:

- Identifying and managing emotion
- Learning and practicing distress tolerance
- Learning mindfulness skills
- Improving relationships through effective communication, including parent/teen relationship
- Help manage suicidal and self-harming behaviors

This group is **6 months** long and each session is **two hours** in length. Participation also requires meeting with a therapist once a week while group is running.

The cost will be billed to your eligible insurance plan.

If you are a resident of Anoka County without insurance you may qualify for support through the county sliding fee program.

For more information, call our intake line at 763-780-3036.

6 MONTH
COMMITMENT

STARTS SOON!

CALL NOW TO
SIGN UP
763-780-3036

LOCATION:
LEE CARLSON CENTER
7954 UNIVERSITY AVE NE,
FRIDLEY, MN 55432

SLIDING FEE
AVAILABLE



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