

DBT Skills Group

For Teens & Caregivers

Frustrated by issues that seem to have no clear resolution? Is self-destructive behavior creating one crisis after another? **Dialectical behavior therapy (DBT) skills** can help teens:

- Learn to regulate feelings and moods better
- Build tolerance and learn to cope with crisis
- Achieve healthy, balanced relationships
- Learn mindfulness, and live in a non-judgmental way

Join your teen in this weekly therapeutic skills group. Costs are covered in part by most insurance plans. Please contact your insurance provider for information about coverage. To find out if this group is a good fit for you, call 425-339-5453.

**Locations
and times
available
online!**



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