

TEEN SUPPORT GROUP

In this ongoing DBT informed* weekly support group, teens will gather to learn and grow in life skills for stress, anxiety, emotional regulation, relationships, and mindfulness.

*THIS IS NOT DBT TO FIDELITY: THERE WILL BE ONLY ONE GROUP LEADER, NOT PROVIDING 24/7 SUPPORT, NOT REQUIRING INDIVIDUAL DBT THERAPISTS, AND THERE WILL BE SOME TIME FOR MEMBERS TO PROCESS), BUT THE SKILLS COVERED WILL BE TEXTBOOK DBT FROM THE MANUAL. STEPHEN BLACK IS ALSO ACCEPTING NEW CLIENTS FOR DBT-INFORMED PSYCHOTHERAPY IF NEEDED.

WHO: TEENS, AGE 13-17

WHERE: 7700 NE PARKWAY DR.#130
VANCOUVER, WA 98662

WHEN: TUESDAYS, 4PM-5PM

COST: \$200 PER MONTH,

COVERING 4 WEEKS/MONTH.

START UP AT ANY TIME!



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