

Adolescent DBT Skills Group

What: Do you know an adolescent who struggles with two or more of the following?

- Regulating emotions
- Suicidal thinking
- Self-harm
- Impulsive behaviors
- Poor relationships
- Poor coping skills

Who: Adolescents (guys and girls) between the ages of 13-18 (18 if in high school) who would benefit from skills related to:

- Emotion regulation
- Distress Tolerance
- Interpersonal Effectiveness
- Mindfulness/awareness
- Conflict resolution

When: Mondays from 5:00-7:00 pm

Where: Eunoia Family Resource Center, 112 5th Street, Gaylord, MN

- * Groups run for 28 weeks with new group members joining approximately every 5 weeks
- * Parents are invited to attend group approximately every 5 weeks for an overview of skills learned.

If interested, talk to your therapist, send a referral form, or call Dr. Kristie Schaefer at 507-299-6038.

