



**COMMUNITY ACTION
FAMILY CENTER**

MULTIFAMILY DBT

DIALECTICAL BEHAVIOR THERAPY

FREE

10 WEEK PROGRAM FOR
TEENS & THEIR CAREGIVERS
DINNER PROVIDED



TEENS WILL LEARN HOW TO

- Manage difficult emotions
- Develop skills to manage family demands
- Improve judgement and decision-making
- Create positive relationships
- Decrease impulsive behaviors



CAREGIVES WILL LEARN TO:

- Develop strategies for managing family crises
- Create positive connection with their teens
- Support teen's effort to learn new skills
- Manage emotions that interfere with effective parenting

TUESDAYS
4:30PM-6:00PM
90 FEDERAL ST.
GREENFIELD

For more information or to enroll call 413.475.1555

