

MULTIFAMILY DBT SKILLS

DIALECTICAL BEHAVIOR THERAPY

FREE 12 WEEK PROGRAM FOR TEENS (AGE 12-16) & THEIR CAREGIVERS



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



CAREGIVERS 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

NEXT SESSION BEGINS
JANUARY 14, 2025

TUESDAYS 4:30PM-6:00PM

Dinner provided & Childcare available

90 FEDERAL ST. GREENFIELD

INTAKE & SCREENING REQUIRED

FOR MORE INFORMATION CALL 413.475.1555