DBT SKILLS GROUP

FOR TEENS 13-18 YEARS OLD

FOR WHEN YOUR EMOTIONS ARE DOING THE MOST.

IF STRESS, ANXIETY, ANGER, OR SADNESS KEEP HIJACKING YOUR DAY, THIS GROUP GIVES YOU REAL COPING TOOLS (NOT LECTURES, NOT "JUST BREATHE").

WHAT GROUP IS LIKE

- CHILL, SUPPORTIVE SPACE
- ACTIVITIES, GAMES, AND REAL CONVERSATIONS
- THER TEENS WHO ACTUALLY GET IT

YOU WILL LEARN HOW TO

- HANDLE BIG EMOTIONS WITHOUT BLOWING UP OR SHUTTING DOWN
- CALM ANXIETY AND STRESS WHEN THEY SPIKE
- COMMUNICATE WHAT YOU NEED (WITHOUT THINGS ESCALATING)
- GET THROUGH TOUGH MOMENTS AND KEEP MOVING FORWARD

WHEN AND WHERE

TUESDAYS 4:30-6:00

3080 W LAKE AVE

FOR MORE INFO CALL 847-724-2620 OR INTAKE@YSGN.ORG