

FAX COVER SHEET

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To: counseling office

Date: 4/1/25

Fax #:

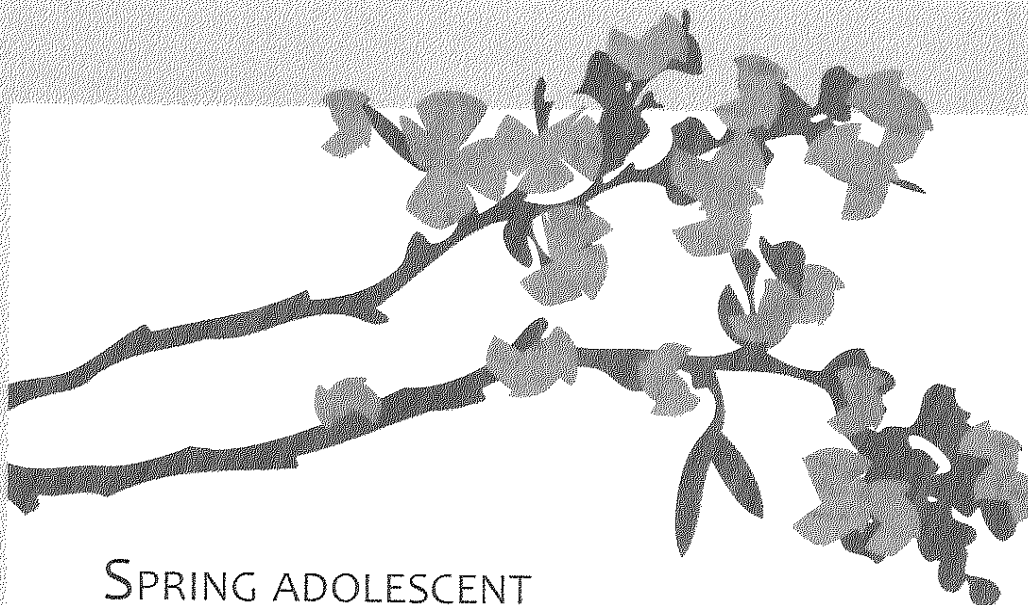
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Hello! With spring quickly approaching I wanted to let you know that our Adolescent DBT Skills Group currently has openings for new group members. The group meets once a week from 3:30-5 on Thursdays at our St. Francis office and is a great group for teens that may benefit from some additional support/skills to help with coping & regulating emotions. Please feel free to call or email with any questions about the group. Group members are welcome to keep their own therapists while participating in the group! Thanks, Stephanie and Laura

Confidential Information

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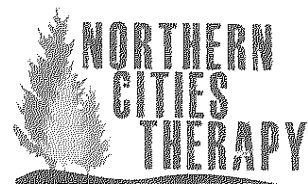
SPRING ADOLESCENT DIALECTICAL BEHAVIOR THERAPY GROUP

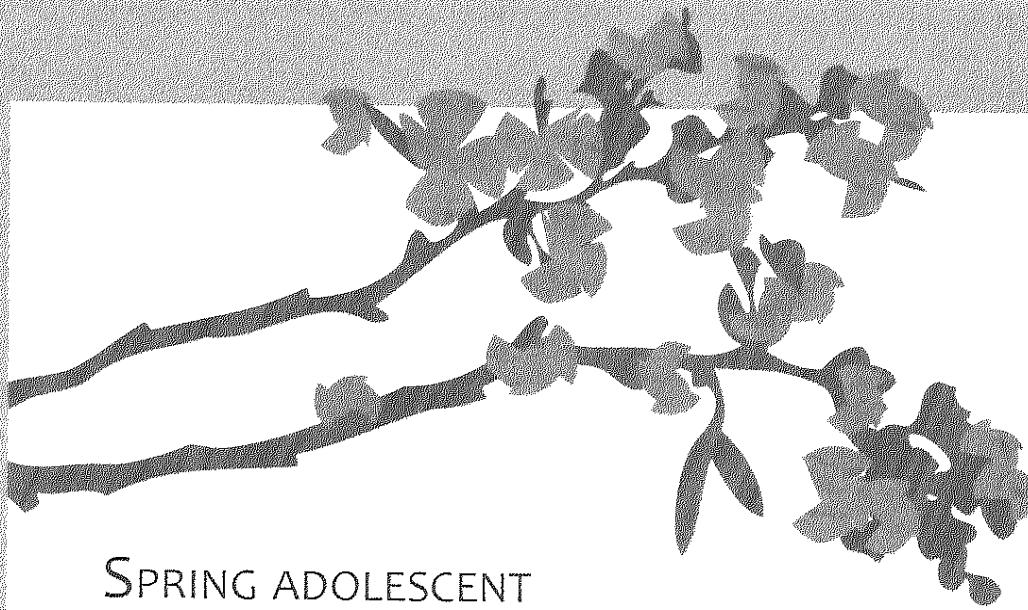
THIS GROUP IS DESIGNED FOR ADOLESCENTS AGES 14 TO 18 THAT MAY BENEFIT FROM SKILLS TO HELP WITH EMOTION DYSREGULATION, IMPULSIVITY AND RELATIONAL STRUGGLES.

CLIENTS WILL LEARN THE FOLLOWING 4 DBT MODULES DURING THIS GROUP: MINDFULNESS, EMOTION REGULATION, DISTRESS TOLERANCE, AND INTERPERSONAL EFFECTIVENESS SKILLS

This group is being offered at Northern Cities Therapy in-person at our St. Francis office, weekly on Thursdays from 3:30-5pm.

IF YOUR TEEN IS INTERESTED IN JOINING OUR ADOLESCENT DBT GROUP, PLEASE CONTACT STEPHANIE WILKINSON, MS, LMFT AT STEPHANIE@NORTHERNCITIESTHERAPY.COM OR BY CALLING AT (763)-250-1324





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