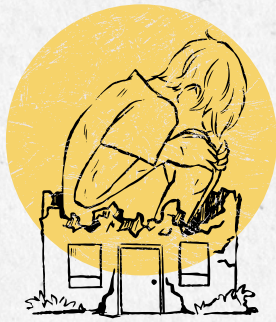


DBT Skills Group For Teens: Ages 13-17

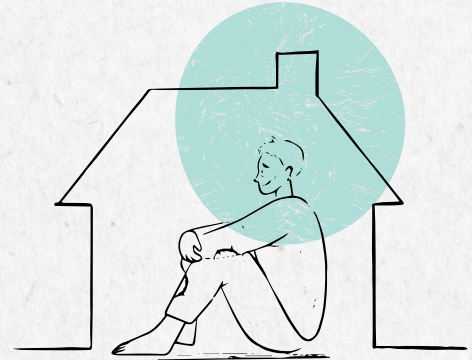
Core Components of Dialectical Behavior Therapy:



Emotion
Management



Mindfulness



Acceptance




Interpersonal
Effectiveness



Distress
Tolerance

This group is Neurodivergent and Queer affirming.



Our groups inspire confidence, foster community and promote radical acceptance leading to lasting positive change.

We welcome folks who are ready and willing to learn skills.

When: Wednesdays 5:00 pm-6:30 pm, weekly

Where: Essential Counseling and Therapeutic Services
5716 Fayetteville Road, Unit #202
Durham, NC 27713

Cost: \$70 per session

Duration: 16 weeks

Facilitators: Rebecca (She/Her)
Angelina (She/They)
UNC-CH MSW Interns

Please contact email@essentialcts.com
or visit www.therapyessential.com for more
information or to sign up.

