



Parenting DBT Skills Group

Dialectical Behavior Therapy (DBT)

10
Week
Series

Thursdays at 6 pm

In-person and virtual options available

- Available for parents/caregivers of youth up to 18
- What is DBT?
- Why DBT?
- ABC's of Self-Care
- Learn how to self-regulate and co-regulate

For more information, please contact
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