

Astor Services invite you to

THRIVING: DBT TOOLS FOR LIFE



*Build Resilience.
Regulate Emotions.
Improve
Relationships*

This group is designed for teens who struggle with:

- Intense emotions or mood swings
- Difficulty managing anger or anxiety
- Impulsive behavior or self-harm
- Interpersonal conflicts
- Low self-esteem or identity confusion

**Let your
voice be
heard**



Thursdays

Join us virtually
6:00pm - 7:00pm

Registration: Link provided
after registration

Why Participate?

- 1** Positive Change: Learn to manage Intense emotions like anger, sadness, or anxiety.
- 2** Improve Relationships and Communication. Set healthy boundaries, navigate peer or family conflict more effectively
- 3** Be Heard: Your voice matters.

Ready to start your journey? RSVP or for more information, contact us at



718-231-3400



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