



HELP

# DBT GROUP

For Young Women  
(Ages 13-18)

Dialectical Behavior Therapy (DBT) has been found to be especially effective in working with teens as this is a stage of life when managing emotions can be especially difficult.

This group is specially aimed towards female adolescents and is accomplished by helping them learn to balance changes with acceptance.

The cost of this group may be covered by your Blue Cross Blue Shield plan.\*

Group cost is \$200 for a 4 week month and \$250 for a 5 week month.

Thursday's  
4:00-5:30 pm

find help with:

- confusion about self

- impulsivity

- managing emotions

- unhealthy relationships

- anxiety

- depression

FAMILY STRATEGIES  
COUNSELING CENTER



*\*deductibles and co-insurance may apply*

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