



PARENT-TEEN DBT SKILLS GROUP



Starting **September 9th** at **4:00PM**

Big feels and tricky times? Oh, that's just being human, especially when you're a teenager! Enter the Parent-Teen DBT Skills Group—a cozy huddle for families to boost communication, and stack up on tools that bring calm, connection, and understanding. ***This group is for neurodivergent teens—a place with you in mind.***

What you'll get to practice in this adventure:

- Chatting with clarity and a sprinkle of respect
- Taming stress and emotions like a pro
- Minding your way through conflicts
- Crafting trust, validation, and teamwork like a ninja

This isn't about fixing anyone—nope! It's all about learning skills to make everyone feel like they're wrapped in a warm, supportive blanket.

Join us in person at Northland Church - Care Center, 530 Dog Track Road!

