

Parent-Teen DBT Skills Group

This group is designed for parents and teens who want better tools for communication, emotional balance, and navigating challenges as a team. Rather than focusing on what's "wrong," we focus on **learning skills that help everyone feel more supported and understood.**

What to expect:

- Practical DBT **MINDFULNESS** skills for everyday stress
- Shared learning that builds empathy and trust
- A supportive space for growth — together

NORTHLAND CHURCH

530 DOG TRACK ROAD

JULY 15, 2026 - AUGUST 5TH, 2026

AT 4.30 PM - 6:00 PM

\$ 65.00
/SESSION

EMAIL US TODAY!

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