

CARE

Coping And Regulating Emotions

A DBT (Dialectical Behavior Therapy) skills group to help teens manage intense emotions, reduce self-harming behaviors and improve communication skills and relationships.

Tuesdays OR Thursdays, 3:30 – 4:30

Starting June 11 (rolling admission – start any time)

Many teens struggle with managing their feelings and making healthy choices in relationships. But for some teens this struggle is harder. When teens begin to engage in self-harming behavior, have suicidal thoughts, or have difficulty with daily functioning, such as attending school or having relationships with friends, it's time for more help. For some teens, especially those struggling with depression or anxiety, the addition of a group targeted at learning specific skills can help them make more progress in their individual therapy and daily life.

This group is intended for teens who:

- Have difficulty managing intense or extreme emotions
- Struggle with anxiety and/or depression
- Have a hard time identifying and/or sharing feelings
- Engage in self-harm or self-destructive behaviors
- Make impulsive decisions or react impulsively
- Struggle with conflict at home or at school

It will help teens:

- Learn skills to manage their intense emotions
- Reduce impulsivity
- Identify and cope with distressing situations
- Communicate effectively to improve relationships
- Incorporate mindfulness to calm themselves
- Abstain from self-harm or self-destructive behaviors
- Improve self-esteem by learning how to challenge negative thoughts



*Improving lives to help
individuals and families succeed*

Date:	Tuesdays OR Thursdays, starting June 11 (rolling admission – start any time)
Time:	3:30 – 4:30 pm
Place:	Ozaukee Family Services, 885 Badger Circle, Grafton
Cost:	FREE
To enroll:	Call Ashley at (262) 376-7774 ext. 130