Youth, ages 13-18, are welcome to attend this 4 month group. Learn & practice Dialectical Behavioral Therapy (DBT) skills across the following 5 modules:

**Mindfulness**: Learn to notice your emotions and how to manage them

**Distress Tolerance**: Learn short-term strategies to help you cope better during overwhelming moments

**Emotional Regulation**: Learn how to increase positive emotions and decrease negative ones

**Interpersonal Effectiveness**: Learn communication and assertiveness skills to improve relationships

**Walking the Middle Path**: Learn to avoid extremes and see the truth in both of sides of the story

**WEDNESDAYS**
4:30-6:30 PM
KENT YOUTH & FAMILY SERVICES

Medicaid or Sliding Fee Scale Based on Income Accepted

Rolling/Open Enrollment: New members are accepted at the start of a new module. Interested participants must be referred to the group and speak with a facilitator before joining.

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