



LIFE TOOLS FOR TEENS

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.

Annette Perry, LMHC, CMHS, CSEC, DBT
253.859.0300 x3027