



The Steven A. Cohen
Military Family Clinic
at Easterseals

DBT SKILLS GROUP FOR TEENS



Dialectical Behavior Therapy (DBT) is an evidenced-based treatment modality in which participants will learn to:

- ✓ Tolerate distress
- ✓ Enhance emotional regulation skills
- ✓ Decrease reactivity when triggered
- ✓ Increase interpersonal connectedness with others

Starting on 9/19 (Thursdays)
from 6pm-7:30pm for
12 weeks

A safe space to guide teens in learning effective tools to help them manage overwhelming emotions

Enrollment open to military and veteran family members. Intake assessment required for new clients. Call or email info.mfc@eseal.org today to enroll.

Contact Us:

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- 📍 1420 Spring St. Suite 300
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