

Seeking skills to validate and communicate
authentically with your teen or caregiver?

Wanting to strengthen your caregiver-teenager
relationship throughout challenging times?

JOIN OUR FREE VIRTUAL GROUP!
RESEARCH SHOWS THAT THESE SKILLS WORK
FOR TEENS AND CAREGIVERS!

DBT skills group for teens & caregivers

Walking the Middle Path

6 weeks starting March 13th

Wednesdays
3:30–5:00 PM

SIGN UP: tinyurl.com/DBTmarch2024

or scan QR code



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