

Feeling overwhelmed with intense emotions?

Looking for a free, safe, and validating virtual space
with teens and caregivers with similar challenges?

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

DBT skills group for teens & caregivers

Emotion Regulation

6 weeks starting April 27th

**Wednesdays
3:30–5:00 PM**

SIGN UP: <https://tinyurl.com/DBTApril2024>

or scan QR code



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