

Seeking skills to communicate authentically with your teen or parent?
Could your family benefit from more validation?
Want to maintain relationship throughout challenging times?

Check out our group!

DBT skills group for teens & caregivers

WALKING THE MIDDLE PATH

FREE skills group (via Zoom)
next 6-week round begins Jan 15

Wednesdays
3:30–5:00 PM

SIGN UP with this link or by using QR code
<https://tinyurl.com/DBTJan2025>



for more info, contact Alyssa Shalanberger, M.A.
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