

DBT SKILLS GROUP FOR TEENS & CAREGIVERS

EMOTION REGULATION

IS THIS GROUP RIGHT FOR YOU?

Check out
our group!

Feeling overwhelmed with intense emotion?
Doing behaviors you want to change?
Looking for a free, safe, and validating virtual
space with other teens and caregivers with
similar challenges?



FREE skills group via Zoom
begins **January 14, 2026**
(6 sessions total)

Wednesdays
3:30-5:00 PM

SIGN UP with this link or by using QR code

<https://tinyurl.com/bdhd9rwz>



for more information, contact
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