

DBT TEENS

Ideal for Teens Dealing with

- **Depression**
- **Anxiety**
- **Self-harm Behaviors**
- **Suicidal Ideation**
- **Eating Disorders**
- **Substance Use Disorder**

**\$45
Per
Session**

Teen Group

DIALECTICAL BEHAVIOR THERAPY

DBT focuses on helping teens accept the reality of their
lives and behaviors.

Opportunities to...

Learn to live in the moment, develop healthy strategies
to cope with distress, regulate emotions, and improve
relationships with others...

**JOIN
EVERY
6-8
WEEKS!**

1820 E. Warm Springs Rd. #140
Las Vegas, NV 89119

FRIDAYS

MODULES COVERED

- ✓ **MINDFULNESS**
- ✓ **EMOTION REGULATION**
- ✓ **DISTRESS TOLERANCE**
- ✓ **INTERPERSONAL EFFECTIVENESS**

4:00 PM - 5:30 PM

**REGISTER
NOW**

**FACILITATOR:
MS. STEWART-KING, LCPC**

AETNA, BCBS, FFS
MEDICAID, & Many
Other Health Insurances
Accepted

