

MIDDLE SCHOOL MULTIFAMILY DBT SKILLS GROUP



**TUESDAYS
4:00-5:30 PM
SEPT 17-DEC 10
650 CLARK WAY
PALO ALTO, CA**



WEEKLY MULTIFAMILY DBT SKILLS GROUP

for middle schoolers and their parents

MODULE 1: MINDFULNESS, DISTRESS TOLERANCE AND WALKING THE MIDDLE PATH

This skills-based group is for middle school youth with difficulty regulating mood and behaviors and/or related relationship challenges. Parents and teens will be taught a structured Dialectical Behavior Therapy (DBT) curriculum that will offer skills to support stress tolerance, related strong emotions and communication. Parent involvement both supports teens in using skills and offers parents skills they can apply to their own lives. Led by Kendra Evans, LCSW and Anna Parnes, PhD.

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SEPTEMBER 17-DECEMBER 10
650 CLARK WAY, PALO ALTO, CA
12 WEEKS AT \$105/WEEK



Please ask your CHC therapist about joining the group or have a parent call or email a CHC care manager: 650.688.3625 | caremanager@chconline.org.