

DBT SKILLS TRAINING FOR TEENS



DBT Teen Skills Group will be facilitated by Brittany McFarland, LPCC, and is open to all teens ages 13 to 19.

Group starts Monday, July 9th at our Fishinger (Hilliard) location from 5 to 6 PM.

Learn how to communicate your needs and wants more effectively, manage your emotions, improve your relationships, be present and mindful, tolerate distressing situations, and have better relationships.

Connect with other teens who are also struggling with similar problems.



**PROVIDERS
FOR HEALTHY
LIVING**

Call today to sign up (614-664-3595) or sign up in the office at the window!