



## Adolescent DBT Skills Building Group

Dialectical Behavior Therapy (DBT) is an evidenced-based treatment for a variety of serious mental health concerns. If you are a self-harming individual, have difficulty maintaining healthy boundaries and relationships or have impulse control this group will help give you a more balanced life.

**Who:** This group is open to adolescents within two age groups: Ages 12-14 and another group for ages 15-17

**Dates (Age 12-14):** Wednesdays, September 6 to November 29 (12 weeks - 4 modules of three weeks each)

**Dates (Age 15-17):** Thursdays, September 7 to November 28 (12 weeks - 4 modules of three weeks each)

**Time:** 5:00 PM to 6:30 PM

**Size:** 8 participants

**Location:** Falls Church Office, 450 Broad Street, Suite 211, Falls Church, VA

**Cost:** \$480 (\$40/session)

**Deadline to Register:** August 30, 2017

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