

# DBT GROUP FOR TEENS

Our trauma informed and neurodiveristy affirming Dialectical Behavioral Therapy group is designed to effectively teach high schoolers skills in mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.



**AMY GRAHAM, MA, TLLP**  
DBT Specialist



**632 N Mill, Plymouth, MI**

Thursdays In Person

Starting 9/22/2022

6 PM - 7:30 PM

## Suited for high schoolers with:

- Intense emotions and anxiety
- Communication challenges
- Risky behaviors
- Risk for self harm and suicide
- Impulse control difficulties
- Exectutive function deficits



[www.malafamily.org](http://www.malafamily.org)

