

DBT Skills Group For Tweens



Our **Dialectical Behavioral Therapy** group is designed to teach tweens **ages 11-13** in using skills in mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.

Suited for **middle schoolers** who have intense emotions, communication challenges, who engage in risky behaviors, or struggle with impulsivity.

Tuesdays - In Person - 4:30 PM to 6:00 PM

For registration visit www.malafamily.org

(734)335-0330 - 632 N Mill St, Plymouth, MI 48170



**BCBS insurance
OR
\$80 out of pocket**

