

Play-Based DBT Group For Kids



Our play-based **Dialectical Behavioral Therapy** group is designed to teach kids **ages 7-10** skills in mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance while having fun!

Suited for kids who have intense emotions, communication challenges, or who struggle with impulsivity, aggression, or defiance.

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

For registration visit www.malafamily.org

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



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