



Kids & Families Together



DBT for TEENS GROUP

12 - Week Skill Building Experience

for teens age 15 to 18



Beginning Wednesday March 9th

Weekly Meetings: 5pm to 6:30pm at our Ventura Location

DBT for Teens Group Includes:

- Weekly skill-building sessions
- Telephone support between sessions
- Collaboration with teen's individual therapist

Dialectical Behavioral Therapy (DBT)

Is extraordinarily effective at helping people manage overwhelming emotions.

Specially designed for teens 15 to 18 and their families struggling with:

- Long-standing interpersonal difficulties
- Aggressive behavior toward others
- Self-harming or suicidal thoughts/behaviors
- Difficulty managing emotions
- Shame and self-directed anger
- Helplessness and hopelessness

DBT Group Cost: \$180/12 weeks

There is no charge for Medi-Cal Eligible Clients

Contact Amy Huot @ 805.643.1446 x133 to register

DBT for Caregivers

4-Session Skill Building Experience

Meets 4 times Separately to

Support Teens

Cost: \$95/person or \$140/couple

LOCATION: 856. E. Thompson Blvd. • Ventura, CA 93001

805.643.1446 • f: 805.643.0271 • www.kidsandfamilies.org

