



Kids and Families Together
856 E. Thompson Blvd. Ventura, CA 93001
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www.kidsandfamilies.org

DBT for TEENS GROUP

12-week Skill Building Experience

Beginning Jan. 15, 2013 in East County

Beginning Jan. 16, 2013 in Ventura

5p-6:30p

DBT for Teens Group includes:

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

Cost: \$180/12 weeks or
Medi-Cal Eligible Clients



Call or email for more information:

Tricia Durni: 805-643-1446 ext. 116 or
tdurni@kidsandfamilies.org

Dialectical Behavioral Therapy (DBT)
is extraordinarily effective at helping
people manage overwhelming emotions.

Specially designed for teens (13-18) 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 for PARENTS

4-Week Skill Building Experience

Beginning Feb. 6, 2013

(alternating weekly sessions)

Cost: \$60 for 4 weeks