



DBT Teen Group

Family Service Agency of Marin
Wednesday Afternoons | 4pm – 5:45pm

WHAT IS DBT?

Our DBT Skills Group for teens is designed to help adolescents between *the ages of 13-18* who struggle with *safely managing intense emotions* and want to develop new ways to cope.

DBT is an *evidence-based* treatment model frequently recommended to address issues including:

- *impulsivity*
- *self-harming behaviors*
- *substance abuse*
- *anxiety/excessive worrying*
- *depression*
- *imbalanced eating*

Group members study and practice the skills of:

Emotion Regulation, Distress Tolerance, Core Mindfulness, Interpersonal Effectiveness, and Walking the Middle Path
to build less chaotic lives.

WHEN:

Wednesday Afternoons
4pm – 5:45pm

WHERE:

Family Service Agency of Marin
555 Northgate Drive
San Rafael 94903
(Manuel T. Freitas Pkwy
exit off Hwy 101)

COST:

DBT Group Therapy is offered on a sliding scale (\$15 - \$30 per group)
Medi-Cal is also accepted

CONTACT:

To learn more about Teen DBT or schedule an initial interview, call:
(415) 491-5728

www.fsamarin.org

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