

TEEN'S GROUP

Monday's 3-5pm

Learn new coping skills in this
8-week DBT informed group
for teen girls ages 12-15.

Topics discussed:

mindfulness

relationship skills

building tolerance

emotion regulation

START DATE: JUNE 21, 2021

COST: \$50 PER SESSION

- GROUP HELD IN-PERSON -

LOCATED AT:

Room for Change

3256 Southern Dr. | Ste 461

Garland, TX 75043

*Call (972) 926-3523 or email
kylie@roomforchange.info to schedule a
quick 15-minute phone consultation*

