



DBT SKILLS GROUPS FOR HIGH SCHOOL GIRLS



Mondays
8:00pm - 9:00pm

**\$70 per session includes all
materials and workbooks**

This is an on-going group.
Participants can join at any
time as space allows.

DBT coping skills
modules: Mindfulness,
Distress Tolerance,
Emotion Regulation,
Interpersonal
Effectiveness, and
Walking The Middle Path

700 Old Roswell Lakes
Parkway, Suite 130
Roswell, GA 30076

*Milton location
coming soon!



Coping & Confidence

Being a teenager can be tough, especially for girls. Sometimes, even the smallest things can make us feel down and overwhelmed. It's important to recognize that these emotional distresses can sometimes lead to self-destructive behaviors, which is why it's crucial to have a different set of tools to navigate through this phase of life. Peer pressure, conflicts, and the negative impact of social media can all contribute to feelings of anxiety, depression, and low self-esteem in girls. That's why we've created this group, specifically designed to help teen girls become the best version of themselves. Through an educational and experiential approach, we aim to improve decision-making, develop coping resources, manage stress, and increase self-esteem. In a safe and supportive environment, participants will learn valuable coping strategies to better handle the everyday challenges of being a teenager.

Contact Information:

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For More Detailed Information Visit:

www.DBTGirlsGroups.com



Wondering If a DBT Skills Group Is Right for Your Teen?

- Does your teen sometimes feel "bad" or "upset" without knowing why?
- Does your teen seem as though they are on an emotional roller coaster, with little control over extreme emotions?
- Do your teen's emotions often get the best of them, leading them to do something they later regret?
- Does your teen tend to judge him/herself or make statements about disliking him/herself?
- Does your teen tend to dwell on the negative?
- Does your teen try to avoid feelings by shutting down?
- Does your teen engage in self-destructive behaviors (like self-harm)?
- Does your teen tend to ignore their own needs or happiness, but focus on making others happy?
- Do they tend to struggle socially - becoming friends with others who don't treat them fairly, or having very intense relationships quickly?
- Do they feel alone and/or misunderstood?
- Do they tend to worry excessively?
- Do they tend to struggle with standing up for themselves and being assertive?

Group Goals:

- Increase ability to make safe and healthy choices.
- Increase self-esteem, self-confidence, and the ability to know and accept oneself, be assertive, and overcome a variety of difficult situations
- Improve emotional regulation and reduce stress
- Gain mastery of effective coping strategies to address negative feelings.
- Address problems associated with low self-esteem, anxiety, depression, peer issues, and other problems.
- Tolerating the distress of school and day-to-day life.

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