

Emotional Regulation DBT Group for Teens:

Learning to manage difficult emotions and relationships



Are you tired of the never-ending drama and having your emotions run your life? Would you like to feel more in control and at peace with yourself and others? Join us for a fun and informative group to learn the skills to help you understand and tolerate the intensity of your emotions, improve relationships, reduce anxiety and create more balance in your life.

For Teens (aged 13-17) struggling with:

- Difficulty managing emotions
- Interpersonal problems
- Suicidal thoughts/behavior
- Self-Harm Impulsivity
- Anger and aggressive behavior

We will be offering a one-time informational group experience at no charge:

5:30-7:00 PM on Monday September 25

This meeting will give both parents and teens the opportunity to gain a feel for the group experience to determine if it is appropriate for the teen attending. There will be no charge for this preliminary meeting. We will begin the group on Monday, October 2.

Time: One hour and 30 minute group; Mondays 5:30-7:00 PM

Place: Samaritan Health and Living Center, 311 W. High St., Elkhart, IN 46516

Cost: \$55 per session (or less depending on financial need assessment)

Insurance usually covers some portion.

Duration: 24 weeks with the possibility of continuing another 24-week session

Facilitator: Joyce Menchinger, LCSW, RPT/S

Call 574-262-3597, ext. 103 to set up a screening appointment