



Teen Themes Group

Sundays 4-5:30 pm

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This is an on-going, supportive group for teens aged 14-18. We will balance group process time with DBT and CBT skills practice. Teens with depression, anxiety, relationship challenges, identity concerns and/or school problems are welcome to join. 90 minute group sessions allow for teens to share and receive support from one another, as well as to learn and practice skills for building confidence, social skills, distress tolerance, and emotional regulation skills.