

For More Information, Contact:

Sybil Cummin, MA, LPC

303-519-0620

arvadatherapysolutions@yahoo.com

**Tweens DBT** **Skills Workshop**

This Skills Group will briefly explore the four primary DBT Skills:

* **Mindfulness**

Increase awareness and learn how to control thoughts instead of thoughts controlling you

* **Emotion Regulation**

Learn to name feelings, regulate moods and minimize self-harm behavior

* **Distress Tolerance**

Develop skills to manage a crisis, without doing anything to make the situation worse and learn how to accept pain that is a part of life

* **Interpersonal Effectiveness**

Learn how to value one’s self-respect and make and keep healthy relationships

Group members will discover new DBT skills each week through a fun activity, while connecting with other tweens in a fun and safe environment.

DBT Skills Can Help:

* Cope with intense emotions
* Manage stress more effectively
* Reduce destructive behaviors
* Increase focus and self-awareness
* Practice healthy relationship skills
* Improve social skills

**When:** Saturdays (8 weeks)

January 20th – March 10th, 2018

1:00 – 2:30 pm

**Where:** Arvada Therapy Solutions

5460 Ward Road, Suite 110

Denver, CO 80002

**Cost:** $10 per group

Members will not be turned away due to financial hardship

$40 Payment Required to Reserve a Spot for 1st Four Sessions

By 1/13/18 (during 1st parent meeting, or call ahead to register).

The group is facilitated by Megan Nuanes, MA.

Megan holds a Master of Arts Degree in School Counseling and is trained in DBT and Trauma-Informed Care. Megan is a counseling intern pursuing a Master of Arts Degree in Clinical Counseling from Adams State University.

Introduction to

**10 – 13 years**

Parent Information Session

Will Be Held January 13, 2018 at 1:00 – 1:30

& also ½ Hour Prior to the First Group

Dialectical Behavioral Therapy Therapy