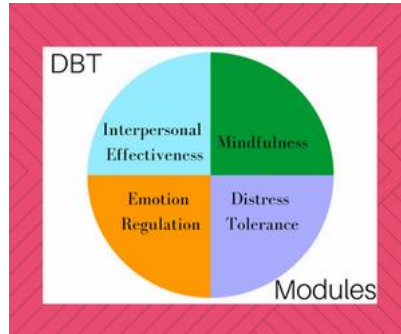


FAMILY

THErapy ASSOCIATES, LLC

150 West First Street Suite 270, New Richmond, WI 54017
Phone: 715-246-4840 Fax: 715-245-9459
www.ftacounseling.com

Dialectical Behavior Therapy Group for Teens



14 Weeks
Ages 13 – 17

Treatment Focus:

- Develop skills to effectively regulate emotions.
- Learn to tolerate distress.
- Discover mindfulness techniques.
- Improve effective communications with others.
- Understand negative thinking patterns that escalate anger and lead to emotional overload.
- Address issues related to self-injury and relationship damaging behavior.
- Practice skills in self-care.

Cost: Most insurance accepted. Cash Rate Available Upon Request

Where: 150 W First Street, Suite 270, New Richmond, WI 54017

Please call 715-246-4840 to register*