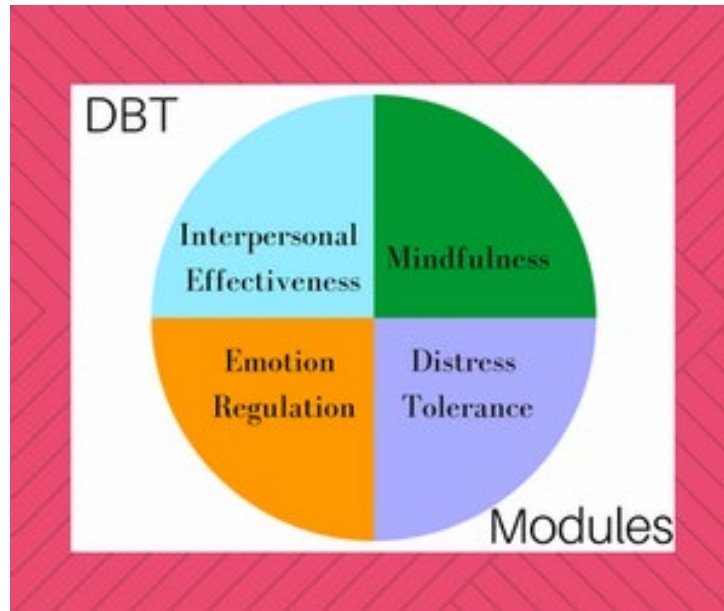


FAMILY

THERAPY ASSOCIATES, LLC

1477 S Knowles Ave, Suite 130, New Richmond, WI 54017
715-246-4840
www.ftacounseling.com

Dialectical Behavior Therapy Group for Teens



Open Group with 14 Week Rotation
Ages 13 – 17

Treatment Focus:

- Develop skills to effectively regulate emotions
- Learn to tolerate distress
- Discover mindfulness techniques
- Improve effective communication 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*