



C A F C O
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DBT Skills Family Group

A 12-WEEK VIRTUAL GROUP FOR
ADOLESCENTS AND THEIR CAREGIVERS

In this evidence-based intervention, teens and at **least one primary caregiver** attend weekly **90-minute** virtual sessions **together** to learn core DBT skills over **12 weeks**.

The goal of this DBT skills group is to help teens and their caregivers learn **practical strategies** designed to increase their ability to:

- **cope with intense emotions**
- learn to **tolerate distress** in **healthier** ways
- be more **effective in their interactions** with family, friends, and teachers

This group will aim to assist families in their practice of skills necessary to help their teen grow and develop.

DBT skills training has been shown to help teens who struggle with:

- Depression and anxiety • Intense emotions and mood swings
- Poor coping skills • Impulsive and disruptive behaviours
- Self-injurious & suicidal behaviours • Family and peer conflict

GRADES 9 - 12

MONDAYS, 3PM-4:30PM

BEGINNING AUGUST 1

COST: \$125 PER SESSION

*Note: receipts will be provided, and the cost of the session will be reimbursed by most comprehensive insurance plans. Please check with your provider to see if your plan will cover the sessions.

For more information or to register
please contact:

Sophie Fobert, sfobert@cafco-ceafo.ca

EVERYONE
is welcome here.