

DBT FOR TEENS

Adolescent DBT Program

PROGRAM

Specifically designed program for NDIS Teens (13-17 yrs).

Multifamily skills training groups.

Individual DBT sessions for Teens.

24/7 Phone Coaching.

Adult/Parent Coach.

Written and Visual handouts, resources, and learning aids.

DETAILS

10x weeks of 90min multifamily DBT skills training group sessions.

Up to 10 x 50min DBT individual sessions for Teens.

Access for Teens to 24/7 DBT phone coaching.

Adult/Parent Coach available.

BENEFITS

Cope Better with painful events and improve resilience.

Be more present in the moment and focus less on painful past experiences or frightening possibilities in the future.

Recognise your emotions more clearly without getting overwhelmed by them.

Improve relationships, express your beliefs and needs, set limits and problem solve.

Email expressions of interest to referral@handinhandmentalhealth.com.au or contact 1300 853 293



GROUP SKILLS SESSIONS

- Commencing:
21st May 2024.
- Tuesdays 4pm to 5:30pm
- Location:
Maroochydore



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MENTAL HEALTH AND
DISABILITY**