



is offering an 8-Week In-Person
Female Teen DBT Skills Group

Objective:

This group will help teens learn healthy coping skills to manage their thoughts, emotions, and actions.

Skills:

Mindfulness, Self-Regulation, Decision Making,
Distress Tolerance, Interpersonal Effectiveness, and
Healthy Coping

Details:

Wednesdays, 4:30pm-5:30pm

Location:

206 Bellevue Ave.
Suite 2F / 2nd Floor, Montclair

We accept most insurances including
Horizon BCBS, some Medicare plans, Cigna and Aetna
Self Pay option: \$60 per group session
Flex-funds for CMO Involved Teens

Registration:

862.505.9191
hopetsllc.com/groups
info@hopetsllc.com