

# MULTI-FAMILY DBT SKILLS GROUP

## Teens will learn how to:

- Manage difficult emotions.
- Develop adaptive coping skills to manage family demands, difficult relationships, academic pressures, and other stressful life events.
- Improve judgment and decision-making capabilities.
- Create positive relationships and a more cohesive sense of self.
- Decrease self-injurious and impulsive behaviors.

## Parents will learn how to:

- Develop adaptive coping skills for managing family crises.
- Create positive connections with their teens.
- Support teen's efforts to learn new skills.
- Manage emotions that interfere with effective parenting.
- Obtain clear strategies for responding to their teen's self-harming and impulsive behaviors.



SHORELINE  
PSYCHOLOGICAL

**Register today or reach out with questions by calling 203-779-5490 or emailing [contactus@shorelinepsychological.com](mailto:contactus@shorelinepsychological.com).**