



lifespan  
counseling  
PRESENTS

# Teen DBT Skills Group

## This group is perfect for teens who:

- experienced trauma
- have difficulty getting along with others
- exhibit impulsive behaviors
- feel confused about your sense of who you are/ self
- have urges to self-harm or feeling "checked out"
- have symptoms of depression, anxiety and mood swings

**JOIN US!**

 402-575-5577

## DETAILS:

- 16 week committment
- After school time frames
- Our brand new office location  
8601 W Dodge
- Winter Group January - May  
annually
- Fall Group August - December  
anually



SCAN  
ME 



MORE INFORMATION

[www.lifespancounselingne.com](http://www.lifespancounselingne.com)

