



High School Girls Skills Group

Group Description: Group focuses on adolescent girls that have personality traits by utilizing Dialectical Behavioral Skills to improve poor emotion regulation, interpersonal relationships, and stress tolerance. Group members should be attending individual therapy along with group therapy.

Population: Adolescent females 13 – 17 years old

Time: Every Wednesday 3:30 - 5:00 pm

Sessions: The group will be open-ended and participants may join at any time if there are openings. The program will take approximately six months or longer to complete.

Dennis N. Moran Center
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