Middle School DBT Group

Thursdays of 5:45pm

Max Members is 10/8 Weeks of group





Enhance self-awareness, self-esteem, emotion-regulation, and social interactions using DBT.

Identify and express difficult feelings, working as a team enhancing social interactions.

Key Therapy Counseling

731 Main Street, Suite 122. Monroe, CT 06468
Email: sloglisci@keytherapyllc.com
CALL: 203-261-7090

www.keytherapycounseling.com