

SPRING GROUP 2023

Teen DBT

HIGH SCHOOL:
9TH - 12TH GRADES

Wednesday's 5 - 6pm

Topics Covered:

- Mindfulness
- Walking the Middle Path
- Emotional Regulation
- Distress Tolerance
- Interpersonal Effectiveness

REGISTER NOW!

☎ Call 919-467-7777 or email

✉ groups@wynnsfamilypsychology.com



WHERE:

Wynns family Psychology, Cary Location

130 Preston Executive Drive, Suite 202, Cary, NC 27513

WHO:

Dr. Sara Salter, and co-leaders as needed

WHEN:

Wednesday's 5:00pm-6:00pm

- Mod. 1 (Mindfulness): Oct.26-Nov.16
- Mod. 2 (Emotional Regulation): Nov. 30- Dec. 21st
- Mod. 3 (Distress Tolerance): Jan. 18- Feb. 8th
- Mod. 4 (Interpersonal Effectiveness): Feb. 22-Mar. 15th

GROUP FEES (All Non-Refundable):

- 60-minute consult (required) with parent and teen (fee varies based on group leader)
- Total for the module: \$460
- Deposit: \$460 per 4 week module (non-refundable, due in full at the time of registering)

JOIN US!

Email groups@wynnsfamilypsychology.com or **call** 919-467-7777. Hurry! Spaces are limited.



WYNNS family psychology