

SPRING GROUP 2023

# Tween DBT

MIDDLE SCHOOL:  
6TH - 8TH GRADES

Monday's 5 - 6pm

## Topics Covered:

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

REGISTER NOW!

☎ Call 919-467-7777 or email

✉ [groups@wynnsfamilypsychology.com](mailto:groups@wynnsfamilypsychology.com)





## **WHERE:**

### **Wynns family Psychology, Cary Location**

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

## **WHO:**

**Dr. Kristen Wynns, and co-leaders as needed**

## **WHEN:**

### **Monday's 5:00pm-6:00pm**

- Mod 1: Oct. 10 – Oct. 31st
- Mod 2: Nov. 7th- Nov 28th
- Mod 3: Jan. 9th- Jan. 30th
- Mod 4: Feb. 6th – Feb 27th

### **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](mailto:groups@wynnsfamilypsychology.com) or call 919-467-7777. Hurry! Spaces are limited.**



**WYNNS family psychology**