



# TEEN DBT SKILLS GROUP

## Tools for Managing Emotions & Relationships

**Being a teenager is hard!** Emotions can be difficult to keep track of, overthinking takes over, relationships can be confusing, and communicating how you feel isn't always easy. **Dialectical Behavioral Therapy (DBT)** teaches practical skills to help manage those intense and overwhelming emotions.

### DBT focuses on:

- Regulating strong emotions
- Managing stress-inducing situations
- Learning to set healthy boundaries

### In this group, teens will learn skills for:

- **Mindfulness** - Staying present and aware
- **Coping with intense emotions**
- **Interpersonal effectiveness** - building healthy relationships
- **Emotional regulation** - managing the ups and downs of emotions
- **Cognitive modification** - working with thoughts in healthier ways
- **Problem-solving skills**

**Ages 14- 17 years old**  
**Open to all genders**

**Every Wednesday**  
**4:00pm to 5:30pm**  
**June 17th, 2026**

**Ask your psychiatric provider, counselor, or clinical liaison for a referral. You may also call:**

**Belen Lopez, LMSW**                      Ext. 3931  
**Angelica Lopez, LMSW**                Ext. 7072

**Teen Lifeline: 602-248-8336**

**988 SUICIDE & CRISIS LIFELINE: CALL OR TEXT 988**

**Gila River Indian Community CRISIS HOTLINE: 1-800-259-3449**