

Mood Management Group Therapy for Teens

DBT Skills Group for Young Adults

SUMMER 2026



Mood Management for Teens

This group is designed for teens ages **13-17yo** who struggle with managing behaviors or emotions due to mood disorders, such as Bipolar Disorder, Major Depressive Disorder, ADHD, etc... A teen that recently exited an IOP group or is in the early stages of mood instability would benefit from this weekly group.

DBT Skills for Young Adults

This group is designed for adults 18+ who would benefit from developing skills in mindfulness, emotion regulation, interpersonal effectiveness or distress tolerance. These skills can support those who may be struggling in their relationships, self-esteem or general mental wellness.

Group Details

Mood Management (Open Group)

Tuesdays 11:00 AM-12:00 PM via telehealth

DBT Skills Group (Open Group)

Thursdays 11:00 AM - 12:00 PM via telehealth

Attend 6 consecutive weeks

\$50 per group for 6 weeks (*Inquire for financial hardship rates*)

Begins June 2nd

To register, please contact
Admin@DesertMagnolia-Therapeutics.com
(602)284-4421



Desert Magnolia

Therapeutic Services