

Teen Connections with DBT

Why group therapy?

Our Teen Connections group is a therapeutic group with a Dialectical Behavior Therapy component, which is an evidence-based approach that is designed to help individuals that struggle with suicidality, self-harm, emotional regulation difficulties, and other issues. Our program offers intensive and focused support to help manage symptoms and find relief. We also offer support to parents so you know how to best help those you love.

Program offers:

Social Support
Mindfulness skills
Middle Path Skills
Emotional regulation support
DBT trained facilitators

13 - 17 yrs old

Thursdays from 6 - 7:30 pm

Held at the Ogden AFC office
in the KUBE building.

1186 E. 4600 S. Ste 200

Ogden, UT 84401

How to Get Started:



www.ansonfamilycounseling.com



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