



Child & Family Empowerment Services, LLC

where empowerment leads to healthy prevention



Kaimana
intervention

Therapeutic Youth Groups Starting in January 2026

DBT Skills Group

A therapeutic group designed for youth ages 12-18, focused on learning emotional regulation, processing, and grounding skills.

This group is open and contains 8 weeks of curriculum. It is held once per week for 2 hours.

DBT/Kaimana Group

A therapeutic group designed for youth ages 12-18, focused on establishing and improving emotional regulation skills, and self-understanding through the use of DBT skills and Kaimana Intervention.

This group is closed and contains 8 weeks of curriculum. It is held once per week for 2 hours.



www.ChildAndFamilyEmpowerment.com

www.KaimanaIntervention.com