




Girls' EMPOWERMENT TEAM


DBT Skills Group for Adolescents

Are you a teen girl struggling with overwhelming emotions, anxiety, or relationship challenges? You're not alone, and there's support available! Join our DBT Skills Group designed especially for teen girls like YOU!

Dialectical Behavior Therapy (DBT) is a proven, evidence-based approach to help teens learn skills to manage emotions, build better relationships, and face challenges with confidence. It's all about learning how to balance emotions and life's ups and downs—without feeling out of control.








In This Group, You Will Learn:

- **Mindfulness** - Learn how to stay calm, focused, and in the moment.
 - **Emotional Regulation** - Understand your emotions and how to manage them.
 - **Distress Tolerance** - Build skills to handle stressful situations without getting overwhelmed.
 - **Interpersonal Effectiveness** - Improve communication, set boundaries, and build better relationships.
 - **Self-Esteem Boost** - Grow confidence and self-compassion.
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Why Join?

- **Safe, Supportive Environment** - Connect with other girls who understand what you're going through.
- **Expert-Led Sessions** - Dr. Leever will guide you every step of the way.
- **Group Therapy** - Share experiences, practice skills, and grow together.
- **Build Life Skills** - Learn tools that will help you throughout your life, in school, with friends, and at home.



 **When:** Wednesdays at 3:30–4:30pm
 **Where:** 44025 Margarita Rd, Suite 101
Temecula, CA 92592
\$ Cost: \$55 per session / or co-pay*
 **Contact:** (951) 331-3938
 **Website:** office@mindwellgardens.com

Register Online:



*For
Middle School
&
High School
Girls*

*Space is
limited to 8
girls*

Mindwell Gardens
COUNSELING AND PSYCHOLOGICAL SERVICES

