

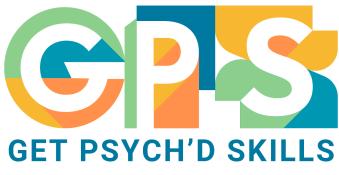
# **REGISTER OR FIND OUT MORE TODAY!**



03 4416 3221



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A SKILLS BASED DIALECTICAL BEHAVIOUR THERAPY (DBT) GROUP PROGRAM FOR YOUNG PEOPLE AGED 12 - 25.

# NAVIGATING YOUR EMOTIONS

Over 3 separate modules of 6-weeks young people learn practical skills to:

DISTRESS TOLERANCE:
Navigate their reactions to
distress and painful events

MINDFULNESS & INTERPERSONAL EFFECTIVENESS: Build and maintain healthy relationships

EMOTION REGULATION: Regulate their emotions

## WITH FLEXIBILITY TO CHOOSE TO DO JUST 1, 2 OR ALL 3 MODULES!

### WHY ATTEND THIS GROUP PROGRAM

Learn strategies to assist with a range of challenges, including:

- Anger concerns
- Verbal and physical aggression
- Conflict in relationships
- Problematic behaviours
- Self-harm behaviours
- Difficulties managing emotions

### WHO SHOULD ATTEND

The GPS group program is suitable for all young people aged 12 - 25, particularly:

- while on a waitlist for individual therapeutic support
- to develop DBT skills to compliment individual therapy
- for those not ready to engage in individual therapy

THIRD PARTY FUNDING MAY BE AVAILABLE.
IN-HOUSE GPS GROUP PROGRAMS OFFERED BY ARRANGEMENT.

### **DURATION**

Each module is delivered face-to-face over 6-weeks. Group sessions (2 hours) are held weekly on:

- GPS for Youth: Tuesdays from 4pm 6pm for young people aged 12 18
- GPS for Young Adults: Wednesdays from 3pm 5pm for young people aged 18 25

Registrations are required prior to the commencement of each module, and participants must attend the full 6-weeks of the module.

#### SCHEDULE

The GPS group program is run on a **rolling schedule** through each of the 3 modules.

Modules aren't sequential and can be undertaken **in any order**, giving young people the flexibility to join the program and complete a module when suits them.

### COST

The cost is **\$570** per module per person. This includes GPS workbook, program materials and activities.

Medicare rebates available with a valid GP referral. Third party funding, including NDIS and youth homelessness funding for eligible young people.