



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.  
(For More Wholistic Healing)

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



[www.ChildAndFamilyEmpowerment.com/sign-up](http://www.ChildAndFamilyEmpowerment.com/sign-up)

[www.KaimanaIntervention.com/sign-up](http://www.KaimanaIntervention.com/sign-up)