



Empower Your Teen with Essential Life Skills!

Registration for Teen DBT Group Therapy Open

WHY YOUR TEEN NEEDS THIS:

- ◆ Improve Decision-Making skills
 - ◆ Foster a positive self-image and stronger social skills.
 - ◆ Developing Coping Resources
 - ◆ Empower them to navigate life's challenges with resilience.
 - ◆ Managing Stress
 - ◆ Provide a supportive environment for personal growth and emotional health.
- ★ Currently Running Wednesday's @5pm, Virtually

★ Check out the caption below for targeted Group Goals and more info

 **ENROLL TODAY!**

Call Us at (516) 740-1950 or

E-mail: intake@wisemind19.com

Wise  Mind
Psychological Services P.L.L.C.