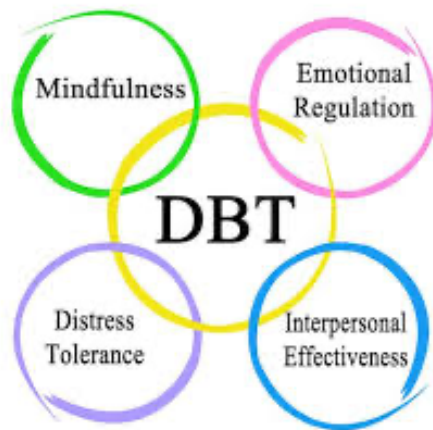


# Multifamily DBT Skills Group

## Schedule November 2024 – January 2025



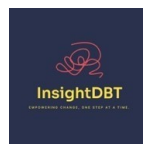
Welcome Everyone! We're very happy to have you in our group. You and your children will be learning ways to better understand and cope with your emotions, better control impulses and urges, and have better relationships with our amazing DBT curriculum. Please note that this will be a weekly group. At least one parent is required in each session; we strongly encourage all parents involved in the child's life attend. We are meeting virtually through Zoom Every Tuesday at 6pm: Please see the schedule below for the exact schedule.

Here are the zoom codes:

Meeting ID **294 196 0784** & Password: **865810**

### *Schedule for group:*

- Nov. 19<sup>th</sup> – Orientation to group, Wise Mind Jeopardy
- Nov. 26<sup>th</sup> – Learning the bio-social theory
- Dec. 3<sup>rd</sup> –How can I control my behaviors better?
- Dec. 10<sup>th</sup> – Review with Shawn
- Dec. 17<sup>th</sup> – Holiday prep for a happy and healthy holiday season
- Dec. 24<sup>th</sup> – Group Out – Happy Holidays
- Dec. 31<sup>st</sup> – Group Out – Happy New Years
- Jan. 7<sup>th</sup> Group Restarts – New Years Resolutions
- January 14<sup>th</sup> – What is Oppositionalism?
- January 21<sup>st</sup> – Review with Shawn
- January 28<sup>th</sup> – Tackling Family Conflict (FOR BOTH PARENTS AND KIDS)



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