

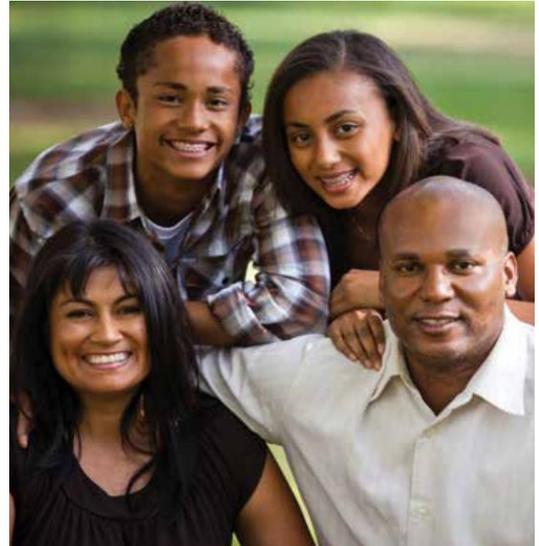
Dialectical Behavior Therapy (DBT) Skills Group

**Kennedy Krieger, Child and
Family Therapy Clinic**

**Thursday, February 20, 2025
(For 10 Weeks - Every Thursday)**

5:00 P.M. - 6:30 P.M.

**Location: Virtual
Telehealth link will be provided upon
registration**



WHAT IS DIALECTICAL BEHAVIOR THERAPY SKILLS GROUP:

- Skill-based group aimed at providing treatment for children and adolescents to assist in developing improved emotional and behavioral regulation.
- Group participation includes weekly sessions for children/adolescents as well as a co-occurring parent group.

WHAT ARE THE GOALS OF THE GROUP:

- To help children cope with stress and regulate emotions in a healthy manner, strengthen the parent-child relationship, increase interpersonal effectiveness and improve peer relationships

WHO IS ELIGIBLE FOR THE GROUP:

- Children with concerns that include (but are not limited to) depression, social withdrawal, anxiety, irritability, self-injury (e.g. cutting), risk-taking, impulsivity, and relationship difficulties.

For more information, please call
443-923-4110 or visit our website at
KennedyKrieger.org/Military

