



3130 Grandview Road Bldg F Hanover, PA 17331  
(717) 969-8894

**Dialectical Behavioral Therapy (DBT)  
Skills Group**  
Adolescent Group (Grade 8-12)  
Tuesdays 6-7 pm June 23-Aug 18

Come join our 8-week group of fun, laughter, and healing! This group is for those who struggle with depression, anxiety, irritability, anger, post-traumatic stress disorder, or general mood disorders. Through fun activities and a supportive environment, you will learn skills to help regulate your mood, relaxation techniques to calm your mind and improve focus, coping skills to deal with everyday stressors or to cope with trauma reminders, and how to effectively assert yourself to others!



**Mindfulness**

- Focusing on the present
- Relaxing

**Emotion regulation**

- Coping with feelings
- Practicing self care



**Distress tolerance**

- Defusing upsetting situations
- Enduring stress

**Interpersonal effectiveness**

- Setting boundaries
- Expressing needs



**We incorporate art, music, and other creative techniques in a laid-back atmosphere. Youth do not need to share any personal details in the group setting, however, they may if they choose. This group is focused on developing skills.**

To sign up, please send your child's name and date of birth to [carrie@healingheartscounselingllc.com](mailto:carrie@healingheartscounselingllc.com). You will be asked to complete documentation on TherapyNotes to register for the group.

**\*We accept most insurances and sliding-scale self-pay.\***  
June 23, 30; July 7, 14, 21; Aug 4, 11, 18



3130 Grandview Road Bldg F Hanover, PA 17331  
(717) 969-8894

**Dialectical Behavioral Therapy (DBT)  
Skills Group**  
Adolescent Group (Grade 8-12)  
Tuesdays 6-7 pm June 23-Aug 18

Come join our 8-week group of fun, laughter, and healing! This group is for those who struggle with depression, anxiety, irritability, anger, post-traumatic stress disorder, or general mood disorders. Through fun activities and a supportive environment, you will learn skills to help regulate your mood, relaxation techniques to calm your mind and improve focus, coping skills to deal with everyday stressors or to cope with trauma reminders, and how to effectively assert yourself to others!



**Mindfulness**

- Focusing on the present
- Relaxing

**Emotion regulation**

- Coping with feelings
- Practicing self care



**Distress tolerance**

- Defusing upsetting situations
- Enduring stress

**Interpersonal effectiveness**

- Setting boundaries
- Expressing needs



**We incorporate art, music, and other creative techniques in a laid-back atmosphere. Youth do not need to share any personal details in the group setting, however, they may if they choose. This group is focused on developing skills.**

To sign up, please send your child's name and date of birth to [carrie@healingheartscounselingllc.com](mailto:carrie@healingheartscounselingllc.com). You will be asked to complete documentation on TherapyNotes to register for the group.

**\*We accept most insurances and sliding-scale self-pay.\***  
June 23, 30; July 7, 14, 21; Aug 4, 11, 18