Do you know a Teen who struggles with some of the following?

- Moodiness: Intense and long-lasting emotions
- Impulsive, risky, behaviors (drinking, risky sex, binge eating)
- Mild suicidal thoughts and/or behaviors
- Self-harm
- Chaotic relationships
- All or nothing thinking

**WHAT:** DBT Group is a skills training group shown to be effective in reducing these problems. Skills include and focus on:

- Managing difficult emotions
- Tolerating and handling stress
- Improving relationships
- Mindfulness and learning how to live in the present
- Finding the balance between acceptance and change

**WHO:** Teens ages 14 – 18 AND one parent or guardian

**WHEN:** Tuesdays 6:00pm- 8:00pm

**WHERE:** Jesse G. Harris Jr. Psychological Services Center
University of Kentucky
644 Maxwelton Ct.
Lexington, KY 40508

**COST:** $25 per group (Negotiable; Sliding fee scale based on family income)

CONTACT THE HARRIS CENTER AS SOON AS POSSIBLE FOR AN APPOINTMENT.

(859)-257-6853
harrispsc@gmail.com

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