

# Emotion Regulation Group

*Dialectical Behavior Therapy-Informed Skills Training  
Offered by Kim Marohl, LPC*

For: Adolescents (ages 16-19) who could benefit in developing skills related to mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.

Goals:

- How to balance and keep emotions in perspective
- Learning to be in the present, observing and experiencing in a non-judgmental way
- Self-soothing
- Avoiding crisis & building positive experiences
- Relationship skills, assertiveness & self-respect

When: The group will meet for 8 sessions on Mondays 5:00 – 6:30.

April 26	May 24
May 3	June 7
May 10	June 14
May 17	June 21

Where: American Foundation Of Counseling Services  
130 E. Walnut Street, 7<sup>th</sup> Floor  
Phone 437-8256 (contact for referrals)

Some medical assistance and health insurance accepted.

