



# KIDS AND ADOLESCENT DIALECTICAL BEHAVIORAL THERAPY INFORMED GROUP



## WHERE?



Hiawatha Valley  
Mental Health Center  
at 420 E. Sarnia St.  
Winona, MN 55987



## WHEN?

- It will run the week of June 15th-August 17<sup>th</sup> (10 weeks total)
- Ages 7-11 will be on Mondays from 10-11 am
- Ages 12-17 will be on Wednesdays from 10-11 am



## WHAT IS IT?



DBT Group is a structured, skills-based therapy group that teaches practical tools to manage emotions, improve relationships, and reduce impulsive or challenging behaviors. Participants learn and practice skills in four key areas: **mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.** This group focuses on building concrete coping strategies that can be used in everyday situations. Sessions include education, guided practice, and structured homework to help members apply skills outside of group. DBT Group is designed to support individuals who may be experience intense emotions, relationship challenges, or difficulty managing stress. DBT helps individuals with various mental health needs by decreasing harmful patterns and building healthier, more effective behaviors.



## CONTACT INFORMATION



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