

DBT Skills Groups for Tweens & Teens



Practical tools for emotions, relationships, confidence, and coping

This group is designed to offer a warm, structured, and supportive space where tweens and teens can learn tools they can carry into everyday life—at home, at school, and in friendships.

What is DBT?

Dialectical Behavior Therapy, or DBT, is a practical, skills-based approach that helps young people understand big feelings, manage stress, respond to difficult moments with greater balance, and build healthier relationships.

Tweens Group | Ages 9-12

Mondays | 5-6:30 pm | Online

Adolescents Group | Ages 13-17

Wednesdays | 7-8:30 pm | Online

What Participants Will Learn

- Mindfulness
- Distress tolerance
- Emotion regulation
- Interpersonal effectiveness

Led by Akshita Desore
Counseling Psychologist
Registered Expressive Arts Therapist

Scan the QR code for more information



Groups start from June 1st, 2026