

HUNTSVILLE PSYCHOTHERAPY AND  
COUNSELING SERVICES

# DBT TEEN SKILLS GROUP

This group is designed to teach skills to help transform negative thinking and destructive behaviors into positive outcomes.

**Starts March 22nd**

**15 week program**

**In person DBT skills class for adolescents 9-12th grade**

**All participants must be currently seeing a therapist for individual weekly therapy outside of skills class.**

**Please email [stephanie@hsvpcs.com](mailto:stephanie@hsvpcs.com) with questions**

**Wednesdays**

**6:30pm-8:00 pm**

**7540 Memorial Pkwy SW**

**Suite W,**

**Huntsville, AL 35802**

**Call 256-824-9171 to schedule pre registration intake assessment and sign up**