



How to Deal: Coping Group for Teens

The group will help teens:

- Learn skills for effective communicating
- Develop coping strategies
- Gain connections
- Receive support from peers

**Tuesdays from 4-5 p.m.,
expanding to 5:30 with group size**

The group is Hybrid, In-Person and Online
In-Person will meet at Montrose Outpatient -
605 Miami Road

Start date: April 13, 2021

Who is Invited to Join the Group: School-
aged teens 14-18; 13 with parental consent

This is a DBT (Dialectical Behavioral Therapy) group. The main goal is to assist young people with implementing specific skills that are taught, rehearsed, and reinforced in a group setting amongst peers. The group focuses on establishing a safe, trustworthy, non-judgmental environment in order to encourage genuine self-expression.

A little extra support – from people who just “get it” can mean the world. Ask your provider or counselor to sign you up for the next Coping for Teens Group and join a caring community of support. Must be an enrolled client at the Center for Mental Health. Same payer rules apply - Medicaid and sliding scale only.



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