

# The Breakfast Club: for teens ages 14 - 18

An ongoing Dialectical Behavioral Therapy group for adolescents and teens designed to help:

- Your child to identify his/her external and internal triggers to stress
- Learn how to manage overwhelming emotions in a healthy way
- Provide education on the difference between self-destructive coping strategies and healthy coping skills
- Learn how to replace self-destructive coping strategies with healthy coping skills
- Learn how to cope in a variety of challenging social situations
- Improve relationships with family and friends!

**When:** Every Saturday @10:00am

**For:** High Schoolers ages 14-18

**Where:** 9241 S Rt 31

Lake in the Hills, IL 60156

**Contact:** Lori Kaniewski, LPC  
& Allison Hadley

**Phone:** 847.854.4333



Snacks and beverages will be provided.  
Please let us know if your child has any food allergies.

**REGISTRATION IS REQUIRED. LIMITED SEATS AVAILABLE.**

Most major insurance accepted. We also offer a self-pay option.

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