

Weekend Warriors: Skills Support Group for ages 11-14

An ongoing & open Dialectical Behavior Therapy group for adolescents designed to help:

- Your child to identify external and internal triggers to stress
- Learn how to manage overwhelming emotions in a healthy way
- Learn how to become more mindful
- 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
- Improve sense of self-worth

When: Every Saturday @12:00 Noon

For: Middle Schoolers ages 11-14

Where: 9241 S. Illinois Rt. 31
Lake in the Hills, IL 60156

Contact: Kaleigh Nobbe, Clinical Intern

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.

Phone: 847-854-4333

Email:

kaleigh@owenscounseling.com

admin@owenscounseling.com

Website: owenscounseling.com