

# Caregiver Skills & Support Group

Open Virtual Group

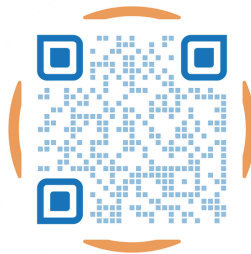


## What You'll Gain:

- ★ All skills taught are based on **Dialectical Behavioral Therapy (DBT)**
  - Tools to support your child's emotional regulation
  - Skills to manage behaviors and improve communication
  - Gain confidence in your parenting using practical tools for managing stress and emotions

**Meets Weekly for  
Parents and Caregivers!**

Register Now!



**Wednesdays**

**6:00-7:30pm**