

DBT Skills Group Program



Debbie Smith, M.Ed, LCPC



- Adolescents & teens aged 13-17yo meet **weekly on Mondays, 5:00-6:00pm**
- FREE **Family Education Group** meets **monthly the second Wednesday of the month, 6:30-7:30pm**
- Young Adults aged 18-25 meet **weekly on Wednesdays, 1:00-2:30pm**
- Adults 26 and over meet **weekly on Mondays, 12:00-1:30pm**
- In-person meetings are held at BZA's Lake in the Hills location:
9 Crystal Lake Road, Suite 250, Lake in the Hills, IL 60156

Our DBT Skills Group will teach participants how to take control of how they feel and find better ways to cope with stress. Each week, therapist Debbie Smith will teach a new skill that group members are then asked to practice that skill in the week ahead.

NOTE: In order for these skills to benefit the participants, it is recommended that they also be involved in individual therapy, either at BZA or elsewhere.

CONTACT BZA TO SCHEDULE AN ASSESSMENT AT 847.221.5622 X808

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