

TEEN DIALECTICAL BEHAVIOR THERAPY GROUP

DBT Group sessions help teens struggling with:

- Unstable relationships
- Self-harm
- Anxiety
- Mood swings
- Suicidal thoughts
- Poor decision making

What you will learn:

- How to manage changing emotions
- Mindfulness
- How to Balance logic and feelings
- Coping Skills
- Tolerating uncomfortable feelings
- Healthy communication

Meeting time & Location:

- Thursdays, 5:30 -7:00pm
 - Bowen Center, 2100 Goshen Rd, Ft. Wayne, IN
- Open Group - Anyone (ages 13-17) are welcome to join at anytime!*



For more information or to make an appointment call: (800) 342-5653

The Bowen Center can help.

The Bowen Center is a Community Mental Health Center that offers a full range of professional services to meet mental health needs of individuals in northern Indiana. Since 1961, the Bowen Center has dedicated itself to the provision of excellent care to families, individuals and organizations. A wide variety of services are available for all ages. The Bowen Center's expanding range of services includes family therapy, marital counseling, adolescent and children's counseling, alcohol and substance use treatment, individual and group therapy, case management, skill building, medication management, stress management, hypnotherapy, transitional living services, and inpatient unit services.

Bowen Center's mission is to strengthen our communities and to improve the health and well-being of those we are privileged to serve.

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