

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

Bowen Center can help.

Bowen Center is a Community Mental Health Center offering a full range of professional services to meet the needs of individuals in Indiana. Since 1961, Bowen Center has dedicated itself to providing life-changing care to families, individuals and organizations. Bowen Center's expanding range of services for all ages includes: family therapy, marital counseling, adolescent and children's counseling, alcohol and substance use treatment, individual and group therapy, case 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.

We're the Hope

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