

LIFE RESOURCES OF NC

is now offering groups!

Adolescent Dialectical Behavioral Therapy (DBT)

AND

Adolescent “Chillaxation” (Stress Management)



DBT

- *16 week session/1.5 hours each session
- *Closed group (*no new members may join once series starts*)
- *Co-ed, ages 12-17
- *Mondays at 3:00 pm

DBT is best for those experiencing:

- *Difficulty managing emotions
- *Depression/Anxiety
- *Self-injurious Behavior
- *Difficulty getting along with others

“Chillaxation”

- *8 week session/1 hour per week
- *Open group (*new members may join throughout series*)
- *Tuesdays at 3:00 pm

“Chillaxation” is beneficial for those experiencing stress in their lives (i.e. home, school, family, life transitions, etc.) and are looking for new ways to deal with stress.

“Chillaxation” will help adolescents become aware of their emotional triggers, help them make better decisions, and feel more relaxed/calm.

Both groups begin the week of **June 27th, 2011**

Space(s) are limited to a maximum of 8 group members.

If you or someone you know is interested in joining these groups, please contact the office of **Life Resources of NC** at **(919) 896-8520**. You can also visit our website at **www.lrofnc.com** to obtain additional information and to download the referral form.
(Medicaid and NC Health Choice accepted-Prior approval required)

Hurry to sign up before all spaces are taken!

