



Youth
Empowerment
Project

DIALECTICAL BEHAVIOR THERAPY

FOR
TEENS



SERNA SOLUTIONS LLC

Do you get overwhelmed by your emotions?
Are you struggling with anxiety?
Would you like to feel more confident in your relationships?

DBT is an approach that helps teens address problematic thoughts and behaviors, and learn skills to deal with them.

Tuesdays at 11 AM – 12:30 PM
June 4th through August 6th



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sernasolutionsllc.com/yep/