

# VIRTUAL TEEN DBT GROUP

MONDAYS • 6:30-8:00 PM • ZOOM

| MODULE                      | ENTRY POINT                | END OF MODULE             | OFF DAY                   | PARENT SESSION             |
|-----------------------------|----------------------------|---------------------------|---------------------------|----------------------------|
| EMOTIONAL REGULATION        | September 28 <sup>th</sup> | November 9 <sup>th</sup>  | November 2 <sup>nd</sup>  | September 28 <sup>th</sup> |
| DISTRESS TOLERANCE          | November 16 <sup>th</sup>  | December 21 <sup>st</sup> | December 28 <sup>th</sup> | November 16 <sup>th</sup>  |
| MINDFULNESS                 | January 4 <sup>th</sup>    | February 15 <sup>th</sup> | February 8 <sup>th</sup>  | January 4 <sup>th</sup>    |
| INTERPERSONAL EFFECTIVENESS | February 22 <sup>nd</sup>  | April 5 <sup>th</sup>     | March 22 <sup>nd</sup>    | February 22 <sup>nd</sup>  |



CLARITY