

# Tween DBT Group

## Fall 2022



WYNNS family psychology

Grades 6-8  
Mondays 5pm-6pm

Topics Covered Include:

- Mindfulness
- Walking the Middle Path
- Emotional Regulation
- Distress Tolerance

To register: 919-467-7777 or  
[groups@wynnsfamilypsychology.com](mailto:groups@wynnsfamilypsychology.com)



**Where:** Wynns Family Psychology ,Cary Location  
130 Preston Executive Drive, Ste. 202, Cary, NC 27513

**Who:** Therapist Cameron Addertion and co-leaders as needed, ensuring a small leader-to-student ratio

**When:** Mod 1: Oct. 10 – Oct. 31st  
Mod 2: Nov. 7th- Nov 28<sup>th</sup>  
Mod 3: Jan. 9th- Jan. 30th  
Mod 4: Feb. 6<sup>th</sup> – Feb 27th

**Group Fees:**

- 60-minute consult (required) with parent and tween with group leader (fee varies based on leader, non-refundable)
- Total for the module \$460
- Deposit to hold spot: \$460 per 4 week module (required to be paid up front, non-refundable)

**Join Us!**

- Email [groups@wynnsfamilypsychology.com](mailto:groups@wynnsfamilypsychology.com) or call 919-467-7777. Hurry! Spaces are limited.



**WYNNS family psychology**