

Teen Talk

The George Hull Centre for Children and Families

Being a teen can be *challenging*....

especially when it comes to coping with all of the intense feelings that come along with school, family, and peer stress!

WE WANT TO HELP YOU HELP YOURSELF!

We are running a group designed to teach teens new ways of *managing intense emotions in a safe and healthy way* while avoiding risky behaviours like self harm, substance use, and suicidal thinking.

Our group is based on a type of therapy called DBT which research has shown can help these problems by teaching specific skills that help teens to stay calm in the moment and build the life that they want.

JOIN US!



When:

Sessions run twice a year, starting in September and March

Wednesdays **4:00 to 5:30**

Where:

81 The East Mall

Cost:

\$100.00 per family to cover materials.

Contact:

To learn more about Teen Talk or schedule an initial screening interview, call:

Alicia Romano

(416) 622-8833 ext. 258