



# Teen Talk

The George Hull Centre for Children and Families

## Being a teenage girl or boy 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.

Parents are also invited to join in a separate parent group so that they can support their teens to make healthy coping choices.

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:

**Teen Sessions: Wednesdays 4:30 to 6:30 pm**  
The group is run in 7-week modules, please talk to your clinician or call intake for start dates.

**Parent Sessions: Mondays 5:30 – 7:30 pm**

### Where:

The George Hull Centre for Children and Families  
81 The East Mall, 3<sup>rd</sup> Floor  
Toronto, ON M8Z 5W3

### Cost:

\$100.00 per family to cover materials.

### Contact:

To learn more about Teen Talk or schedule an initial screening interview, call:  
Kelsey Paterson at  
(416) 622-8833 ext. 258