



Young Women's Groups

Skill-Building Weekly Therapy Groups for Women in their Early 20s

institute for *girls'* development®

Explore your Path

Mondays 6 - 7pm

Developed for college students or those taking time to determine their post-high school paths - prepare for and process the exciting and challenging transitions that accompany this phase of life.

Enriching Life with DBT Skills

Wednesdays 5:30 - 6:30pm

Twelve-week DBT-informed group for women 18 - 26, also in individual therapy, who don't need the comprehensive DBT program but would benefit from learning DBT skills such as mindfulness, emotional regulation, interpersonal effectiveness and distress tolerance.

Take ACTION: ACT for Procrastination

Wednesdays 4 - 5:30pm

Procrastination may feel good in the short term, but it can negatively impact your life. Learn to break this habit and replace it with practical solutions.

If you're part of our comprehensive DBT program, you'll join our **Skills for a Life Worth Living DBT group.**

Offered in combination with individual therapy - gain skills around mindfulness, emotional regulation, interpersonal effectiveness and distress tolerance.

Call 626-585-8075 ext. 108 learn more.