



# PARENT SKILLS & SUPPORT GROUP



Thursdays 12pm - 1pm

Cost:

\$100/session

(discounted if paid in full)

Led by Dr. Miriam  
Korbman, Psy.D.

This program is designed for parents of teenagers and young adults facing emotional, social, and behavioral challenges.



Call for more information

**516-390-3525 EXT. 1**

### The Program Aims To:

- Facilitate connections among parents
- Provide a platform for support
- Teach skills of Dialectical Behavior Therapy (DBT) to help parents manage stress, regulate their emotions and enhance relationships with their loved ones.

### DBT Skills Include:

- Mindfulness
- Distress Tolerance
- Emotion Regulation
- Interpersonal Effectiveness
- Middle Path Skills

**REGISTER NOW!**