



U GOT THIS

KIM ZAHLAWAY, LCSW, OWNER

SELF-DISCOVERY, EMPOWERMENT, PROBLEM SOLVING

Resiliency & DBT Informed Groups for Children & Teens

THURSDAY EVENINGS, BEGINNING JANUARY 17TH

WHO IT'S FOR:

Children & Adolescents,
ages 11-13 and 14-17,
challenged by depression,
anxiety, ADHD, and/or
low self-esteem, self-
regulation, motivation and
impulse control.

EXPECTED OUTCOMES:

Participants will learn how to manage uncomfortable feelings, decrease anxiety, pause before acting, and gain the confidence necessary for being more effective in every-day life.

SKILLS:

Mindfulness (slowing down and being present)
Distress Tolerance (what to do in stressful situations)
Emotional Regulation (how to manage big feelings)
Interpersonal Effectiveness (how to interact with others)



Group Facilitator Kylie Meyer is a Licensed Social Worker who currently holds a position as a primary therapist at Devereux Children Behavioral Health. Kylie believes that young people deserve the opportunity to learn more about themselves, their thoughts

and emotions, and how those factors impact behaviors. She has seen that providing the space for this unique learning experience helps lead to higher self-esteem, more thoughtful choices, and better mental and emotional health.

TIMES:

Ages 11-13: 6:30-7:30

Ages 14-17: 7:30-8:45

LOCATION:

987 Old Eagle School Rd,
#719, Wayne, PA 19087

CONTACT:

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