

Coping Skills Group

A 10-week outpatient program for female-identified adolescents ages 14½ to 16 with histories of emotional and behavioral dysregulation.*

The group will use activities, discussion, art, and multi-media to teach and practice skills in mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.

Wednesdays
5:30 – 6:45 PM

February – April
(Excluding school vacation)

Curriculum is based on Dialectical Behavioral Therapy (DBT). One or two parent/guardian information sessions are planned along with the group.

Teens exploring their gender identities are welcome, though group content will be most relevant to adolescents who identify as female.

If interested in scheduling an appointment, please contact Julie Ogletree, LICSW, at 617-254-3800 ext. 1296 or JOgletree@FranciscanChildrens.org

Facilitated by Julie Ogletree, LICSW; and
Chericee Haynes, BSW Intern



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So every kid can.

**Intake and screening are required to participate.*