**From Harm to Calm**

**EMOTION REGULATION + SOCIAL SKILLS**

**Support group for teenage girls**



**This group is for you if you experience:**

* Intense emotions -- that are hard to manage OR numbness and an absence of emotion.
* Behaviour problems -- impulsive actions that lead to trouble such as substance abuse or self-injury.
* Relationship instability -- arguments, fights with family and friends.

This group will help you build your ability to identify and manage your emotions, communicate effectively, and to get through the tough times.



**Fridays 3:30 – 5:30pm**

**17th – 22nd November**

**Mullumbimby**

**Contact: Ayla Garlick** **0448559968**

**From Harm to Calm**

**EMOTION REGULATION + SOCIAL SKILLS**

**Support group for parents of teenage girls**



Do you have a teenage daughter with problems regulating her emotions and behaviours? Self-harm, drug abuse and other high-risk behaviours in teenagers represent huge challenges to families. If you are the parent of a teen with intense emotions who lashes out or engages in troubling behaviour, you may be unsure of how to respond in a compassionate, constructive way.

Using Dialectical Behavioural Therapy, this group will give you the tools needed to help your teenage daughter regulate her emotions. In addition, you'll learn the skills for managing your own reactions so you can survive these difficult years and help your teen thrive.



**Thursdays 6:30 – 8:30pm**

**16th – 21st Nov**

**Ocean Shores**

**Contact: Ayla Garlick 0448559968**