

## Sample Weekly Schedule

*Group meeting time is set. Individual coaching is to be determined.*

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Day/Time To Be Determined — Individual Coaching Session — One 60-minute session

Group Session  
5:00 - 6:00 pm

### **Group Session - Two 75-minute Sessions**

Facilitators teach standard DBT skills. Homework is assigned each week.

### **Individual Skills Coaching - One 60-Minute Session**

You will meet one-on-one with one of our DBT-trained staff to learn and reinforce how to apply the skills you are learning specifically to your personal situations.

### **Our class helps caregivers:**

- Support their child's emotional development and respond more calmly and effectively to their child's big emotions and difficult behaviors.
- Practice strategies that help you create a supportive and validating home environment, where your child feels understood and encouraged to use coping skills.

**Dialectical Behavior Therapy-C (DBT-C)** is an evidence-based therapy adapted specifically for children under 12.

- Teaches children practical skills for emotional regulation
- Helps caregivers learn supportive strategies to reinforce those skills at home.