

Coping Skills Class for Pre-Teens!



Group coping skills classes at Balance & Potential Inc

Mindfulness & Distress Tolerance

This *Coping Skills Class for Pre-Teens* teaches kids:

1. to be **Mindful** and aware of their thoughts and feelings and what is going on around them and
2. how to **tolerate** life's stressors, bear with extreme or unwanted feelings and situations, and go on with their day without making things worse.

Students learn how to live life effectively, one minute at a time. Age-appropriate, interactive videos, games, and activities are used to capture kids' interest.

Based on the scientifically-valid treatment — **Dialectical Behavior Therapy**, also known as “**DBT**” — this class has been adapted to be fun, engaging, and helpful for kids. This skills class follows the same general curriculum as our DBT classes. Parents and supportive adults can review the lesson plans in the students' workbook and are strongly encouraged to take our *Family and Friends DBT Class* - which is offered at the same time as the Pre-Teen class — well as other times — to understand and model these techniques for their kids. The class leader also keeps in contact with the child's individual therapist, with consent, so they know which skills the students have been taught and can use them in therapy.

All students participating in classes need to have an individual therapist, either at Balance & Potential or offsite. In either case, the parent/guardian should schedule an initial intake appointment with a Balance & Potential Inc therapist or the class leader, Clinical Director Dr. Kirsten Moore, during which you can learn more about how this therapy works, in order to register your child for this class.

Please call for our current class schedule and to request days and times that work for you.

Contact us today to schedule: (678) 644-0039

Any questions? Ask to speak to the class leader, Dr. Kirsten Moore
info@BalanceAndPotential.com



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