



# VIRTUAL FULL FIDELITY DBT GROUP FOR TEENS

<u>Module</u>	<u>Entry Point</u>	<u>End of Module</u>	<u>Off Day</u>	<u>Parent Session</u>
<b>Distress Tolerance</b>	December 15th	February 2nd	December 29th & January 19th	January 28th
<b>Mindfulness</b>	February 9th	March 23rd	February 16th & March 30th	March 18th
<b>Interpersonal Effectiveness</b>	April 6th	May 11th	May 18th & May 25th	May 13th
<b>Emotional Regulation</b>	June 1st	July 6th	July 13th	July 15th