

THRIVING TEENS GROUP

2024



Meet the group
facilitators, Adi & Elliot!

ABOUT THRIVING TEENS

Thriving Teens is a DBT informed program that aims to develop skills for young people experiencing some or all of the following:

- Difficulties with frequent and intense emotional and mood states
- Problem behaviours such as self-injury, suicidal behaviour, substance misuse, school avoidance, disturbed eating and risky sexual behaviour
- Interpersonal difficulties which can result infrequent intense conflict with family and peers
- Feelings of emptiness and identity confusion.

Our Psychologist Elliot and our Counsellor Adi are experienced DBT facilitators.

*****Fee includes a weekly 20-minute telephone session*****



Details:

- Designed for Participants aged 14-18 years
- Tues 23 Jan 2024. For those unable to attend, this will be recorded and can be sent to you via email.
- A further 9 sessions will be held in our clinic each Tues, 4pm - 5:30pm. (30 Jan to 26 March 2024).



Fees:

- NDIS Group Rate - \$226/ per week
- Private paying welcome
- Private Health refund may apply
- Mental Health Care Plan rebate may apply



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