

# Need some tools to help you manage life?



Adolescent DBT Skills Tuesdays, 2:30-3:30  
beginning September 24, 2024  
At the Life Hub next to the Dollar Tree

- ✓ Learn to replace problem behaviors with skillful behaviors.
- ✓ Learn to experience a range of emotions without necessarily acting on those emotions.
- ✓ Learn to navigate relationships with peers, parents, teachers.
- ✓ Learn to live effectively true to your values.

## How it works:

- Stop by the HUB, a student drop-in center open from 2-4 on Tuesdays, located next door to the Dollar Tree, 825 Ave. D, Snohomish.
- Grab a free coffee or Italian soda and a snack at our student run coffee shop.
- Join us at a table where we will talk about everyday challenges.
- Each week we will learn a new emotion regulation, distress tolerance, or relationship skill and practice it together.
- The following week you can report on how you used the skill and get support to be even more effective.

*DBT- Dialectical Behavior Therapy, is a standard curriculum of skills based on Cognitive Behavior Therapy. Learn more by searching online. Jerrie Froelich is a trained DBT Skills instructor who offers adolescent and adult mental health classes in Snohomish. [Jerrie@CentralFaith.org](mailto:Jerrie@CentralFaith.org)*

## Would you like to join the barista team?

We will teach you to make coffee and Italian soda drinks and smoothies.



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