



**CORE CONNECTION COUNSELING**  
Summer 2023

# **RESILIENT & REGULATED TWEENS**

AN INTRODUCTION TO DBT SKILLS

WHO: Tweens Ages 11-13

WHEN: Tuesdays 5-6pm,  
8 weeks starting June 13th

WHAT: A therapy group focused on developing coping & emotion regulation skills, mindfulness, and social communication skills, through DBT therapy framework.

WHERE: Core Connection Counseling  
6040 Lincoln Ave Ste C, Lisle IL

Facilitated by Jessica Amedeo, LCSW

**EMAIL [JESSICA@CORECONNECTIONCC.COM](mailto:JESSICA@CORECONNECTIONCC.COM)  
FOR MORE INFORMATION**

