

Referrals

Clients come to CoRE Skills through number of ways.

- Self Referral
- Counselors
- School Referral

We will work with your insurance company to help defer the cost of group.

244 N Lake Street
Forest Lake, MN 55025
www.ysblakesarea.org



CoRE Skills

*A DBT Group for
Adolescents: Coping
& Regulating
Emotions*



Lakes Area
Youth Service
Bureau

CoRE

Coping & Regulating Emotion for Adolescents



CoRE Skills is an Adolescent Dialectical Behavior Therapy (DBT) group.



Who can attend this group?

CoRE Skills is for boys and girls in 9th-12th grade. To find out if CoRE Skills is right for you visit www.ysblakesarea.org click on the counseling tab to take the quiz, "DBT: Is it for you?"

When & Where?

Group begins periodically. The group meets 3:30-5:30 for a period of 20 weeks. Every 4th week there is a parent component where all parents are included in the skills group. In addition to the group, each client will also be participating in individual therapy with a counselor to help implement the skills that are being learned. Please call for the next group start date.

For more Information...

If you'd like more information about the program or if you would like to speak with a counselor, please contact Kari Lyn Stevens Wampler, M.A., LMFT at 651.464.3685.

This program offers training and skills in:

emotion regulation

distress tolerance

mindfulness

problem solving

Adolescents can learn to live a more harmonious life for oneself and in relationship to those around them. DBT is perfect for adolescents who struggle with Borderline Personality Disorder, Depression, Anxiety, Bi-Polar Disorder, Relationship Issues or anything that involves situations that make it difficult to regulate emotion.

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