



Emotion Regulation Skills Group

What: A 12 week group to help build skills to improve understanding, awareness, and management of emotions.

The group will also teach skills to help girls cope with distressing situations/emotions, navigate challenging relationships, and become more mindful of their thoughts and feelings.

Who: Girls in the 9th-12th grade. Must have an individual therapist that they see on a regular basis.

When: Mondays 3:30-4:45. The group is scheduled to start late March and run through June.

Where: The Virginia Treatment Center for Children 515 North 10th Street, Richmond, VA 23298

How: Call 804-628-2939 for more information or to schedule an intake interview.