**DBT Skills Training Schedule Spring 2020**

* Meetings are Thursdays from 4-5:30 unless otherwise noted.
* Parent meetings can have any number of parents. Parent/teen meetings are limited to one parent per teen.
* New families can only join at the beginning of each unit.

**Distress Tolerance**

Week 1 February 13

Parent only meeting Tuesday February 18 5-6pm

Week 2 February 20

Week 3 February 27

Week 4 March 5 Parent/teen meeting

Week 5 March 12

No meetings March 19, March 26 due to spring break schedules

**Interpersonal Effectiveness**

Week 1 April 2

Parent only meeting Tuesday April 7 5-6pm

No meeting April 9

Week 2 April 16

Week 3 April 23

Week 4 April 30 Parent/teen meeting

Week 5 May 7

**Emotional Regulation**

Week 1 May 14

Week 2 May 21

Parent only meeting 5/26 Tuesday 5-6

Week 3 May 28

Week 4 June 4 Parent-Teen meeting

Week 5 June 11

Modified 8/28/18