

Skills Group for Teens



Do you experience challenges with mood and/or stress?

You may be eligible for a UCLA research study involving a mobile-enhanced cognitive-behavioral group therapy

Nine *FREE* weekly sessions for teens (13-17) and parents
& three study assessments

Learn skills to help:

- Improve emotion regulation
- Manage stressful thoughts
- Engage in more helpful behaviors



For more information, contact Robin Brown (RobinBrown@mednet.ucla.edu)
Offered by the UCLA CAPPS and CHAMP Programs
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