



Are you...

- ⇒ A parent or caregiver of a child?
- ⇒ Dealing with the stress of parenting?

# Join the DBT for Parents (DBT4P) Group

Caregivers of children age 12 and under are invited to join our group to receive guidance, support, and encouragement.

## ***The DBT4P Group can help you...***

- Manage the stress of being a parent
- Build a stronger relationship with your child
- Regulate your emotions so you can parent effectively

To complete an intake, please contact the **USCA Psychology Clinic**:

**(803) 641-3775**

**psychclinic@usca.edu**

## **Where:**

USCA Psychology Clinic

## **When:**

- 8 sessions in summer 2026
- Sessions are 1.5 hours long
- Call the clinic for session dates

## **Cost:**

- **Free!**
- Group participants can also opt in to a research study examining how well DBT4P works, and **earn up to \$50.**

## **Group facilitators:**

- Dr. Bridget Cho, Licensed Psychologist
- USCA Applied Clinical Psychology Masters Program students