



## **(ONLINE) DBT IN SCHOOLS**

### **STEPS-A CURRICULUM**

### **INFORMATIONAL SESSIONS**

Are you interested in learning more about the DBT in Schools Steps-A curriculum? Join the WISH Center for a 1-hour informational session including:

- An overview of DBT Steps-A
- How DBT Steps-A can be implemented in schools
- Additional opportunities for learning/training about this curriculum in the 2021 summer/fall.

The WISH Center will be hosting three 1-hour sessions. Choose the time that works best for your availability. Each session will cover the same content.

DBT Steps-A curriculum is an emotional problem-solving curriculum based upon Dialectical Behavioral Therapy. It is designed for adolescents with the goal of teaching skills for emotion management, interpersonal communication and decision-making. The curriculum is an upstream focus to mental wellness, with a whole child approach.

**MAY 19TH, 2021**

*(CHOOSE ONE SESSION, CLICK LINK ON SESSION TIME TO REGISTER)*

**8AM-9AM**

**11AM-12PM**

**3PM-4PM**

**ONLINE - ZOOM**

These informational sessions are FREE to participants.

Session questions? Contact Alissa Darin [adarin@cesa1.k12.wi](mailto:adarin@cesa1.k12.wi) and Jackie Schoening [jschoening@cesa6.k12.wi.us](mailto:jschoening@cesa6.k12.wi.us)

