

Skills for calmer homes. Stronger families. Real change



Virtual Parent Academy (live online)

- ✓ Build a calmer home . . . even when life gets messy
- ✓ Learn calm leadership and emotional regulation
- ✓ Set boundaries that actually stick
- ✓ Reduce power struggles and emotional blow-ups
- ✓ Strengthen communication and connection
- ✓ Build a peaceful, predictable home environment
- ✓ Join a supportive parent learning community
- ✓ Designed for busy parents who want real tools . . . that really work!

**The new Virtual Parent Academy is
IN ADDITION TO in person or virtual DBT
groups for Teens and Adults that help:**

- ✓ **Manage** intense emotions and stress
- ✓ **Build** confidence and coping skills
- ✓ **Strengthen** relationships and communication
- ✓ **Encourage** habits that support long-term stability
- ✓ **Establish** weekly skills practice and support

Ready to get started? Call our team 24/7/365 at

800-395-3223

to find the right program for you and your family

**Now enrolling . . .
limited spots available.**



How DBT Plus Works

DBT Plus combines proven DBT skills—**Mindfulness, Distress Tolerance, Emotion Regulation,** and **Interpersonal Effectiveness**—with practical strategies you can use in everyday life. You'll learn how to build healthy routines, change unhelpful habits, improve emotional balance and relationships, and create a life worth living—at home, work, and in daily moments.

Program Overview

- Intake evaluation and 60-minute baseline assessment
- Personalized behavioral plan and monthly individual check-ins
- 6 group sessions + 1 individual session per month
- 12-week program
- Hybrid format: in-person and virtual options

Extra Support

- 24/7 private Facebook community
- Online learning resources
- Access to New Oakland's FACE to FACE Program for higher levels of care if needed
- Phone coaching available as needed

Cost

- **Assessment and individual sessions** billed to insurance
- **Groups:** \$25 per session (cash)
- **Parent Academy program:** \$30 per couple (2 parents) *Parents do not need to be New Oakland clients or receive intake evaluations . . . simply participate online from home!*
- **Phone coaching, Facebook group, and materials included**

Frequently Asked Questions

Can I keep my current therapist?

Absolutely. DBT Plus does not replace therapy, so please continue with your therapist.

Do I have to attend every session?

Consistent attendance encouraged Teletherapy is available for emergencies.

How do I get started?

If you're a client new to New Oakland, call **800-395-3223** to schedule intake.

If you're a current New Oakland client, contact **Charisse Ryan** at **800-395-3223 ext. 3822** or **cryan@newoakland.org**.

