



# OMNI

## SPARCS/DBT SKILLS GROUP

HEALING TAKES TIME.  
HEALING ALSO TAKES TOOLS.

### WHO

Anyone between the ages of 12 to 18, who has experienced trauma or chronic stress/anxiety, of all gender identities.

**SPARCS provides teens the tools to understand and heal from trauma.**

### WHAT

SPARCS is a 13-week therapy group

SPARCS (Structured Psychotherapy for Adolescents Responding to Chronic Stress) is a therapy group for teens who have experienced trauma or chronic stress/anxiety. SPARCS utilizes DBT skills to manage symptoms related to anxiety.

This 13-week program focuses on helping teens address challenges that they are facing as a result of their trauma, such as difficulty paying attention, regulating emotions, and communicating their feelings.

Each session is designed to teach skills that help teens learn to recognize external stressors, identify how stress effects the body, utilize coping skills during difficult moments, and build healthy relationships.

The OMNI SPARCS program has multiple sessions over the course of the year. This program is open to all youth ages 12-18. OMNI can provide sliding scale services to any youth or family residing in Wheeling or Vernon Township in addition to accepting all Medicaid managed care insurances. To learn more and register, call 847.353.1500 ext. 1664 or visit [omni4all.org/counseling](http://omni4all.org/counseling).



*Scan here to learn more about counseling services with OMNI!*