



# 'GOT TRIBE?'

## RO-DBT PARENT PROGRAM

For parents and guardians of adolescents and young adults struggling with chronic Depression & Anxiety, OCD, Anorexia and Autism Spectrum Disorders. Join us as we share every-other Friday evening 6-8pm to learn about over-controlled temperaments, related family dynamics and practice new skills together.

Our parent program focuses on supporting you! A willingness to be open to new ideas and practices is all that's needed.

Call and reserve your spot today. The cost is \$50 per week for the nine-week curriculum.

For more information call Heidi Petracco, LCSW 813-602-2312  
[hpetraccotampabaydbt@gmail.com](mailto:hpetraccotampabaydbt@gmail.com)

*"I like to format where we learn, interact and practice."*

*"I find it a relief, helpful, and look forward to coming."*



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**FURTHER  
UNDERSTANDING OF  
YOUR LOVED ONE**

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**IDENTIFY  
CONTRIBUTING  
FAMILY DYNAMICS**

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**COPE WITH  
DIFFICULT AND  
UNSAFE BEHAVIOR**

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**DEVELOP HEALTHY  
FAMILY HABITS**

### TAMPA BAY DBT

6938 W Linebaugh Ave  
Suite 101  
Tampa, FL 33625

[www.TBDBT.com](http://www.TBDBT.com)

813-602-2312