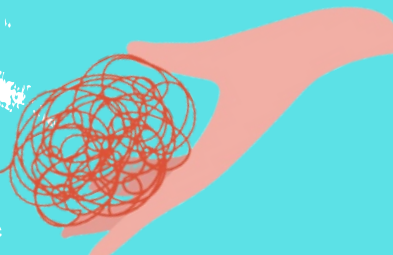




DBT SKILLS GROUP



**LEARN NEW
BEHAVIORAL SKILLS**

DO YOU...

- Struggle regulating emotions?
- Have difficulty saying no?
- Struggle to stay in the present?

ABOUT THIS GROUP

Dialectical Behavioral Therapy (DBT) is an evidence-based treatment approach to help with regulating emotions and improving relationships.

24 week course. 90 minute a week
Wednesdays 1:00pm -2:30pm



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