

Adult DBT SKILLS GROUP

Tuesdays, 10:00 am to 12:00 in the group room (inside New Beginnings Bld)

- If you struggle to live in the moment or saying no, **this may be the group for you.**
 - If your emotions are like a roller coaster ride or you have troubling anger, **this group may be for you.**
 - If you have trouble getting through distressful events or situations without making things worse, **this group may be for you.**
 - Four skill areas will be taught: Mindfulness, Interpersonal Effectiveness, Emotional Regulation and Distress Tolerance.
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Facilitated by: Shawn Sindlinger (Ext 7129)
& Laura Jones (Ext 7019)

If you have any questions, please contact:

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(520) 562-3321 ext: 7010 or 7129

(602) 528-7100