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.

Facilitated by: Shawn Sindlinger (Ext 7129) & Laura Jones (Ext 7019)

If you have any questions, please contact:
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(602) 528-7100