• If you are struggling to live in the moment or thinking too much, 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.
• If you have trouble setting boundaries, or saying no, this group may be for you.
• Four skill areas will be taught: Mindfulness, Interpersonal Effectiveness, Emotional Regulation and Distress Tolerance.

New Beginnings Clinic Every Tuesday 10 am–12pm

Ask your Psychiatric provider/Counselor or Clinical Liaison for referral, or call:

–Debra Cockrell 602–528–7100 (Ext 7155) at the New Beginnings Clinic