

Adult DBT SKILLS GROUP

- 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.

Every Tuesday 4–6 pm starting September 1, 2020
Facilitators: Debra Cockrell and Shawn Sindlinger

Please note that this is a **virtual** group, details provided upon referral.

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

Shawn Sindlinger (520) 796–2635