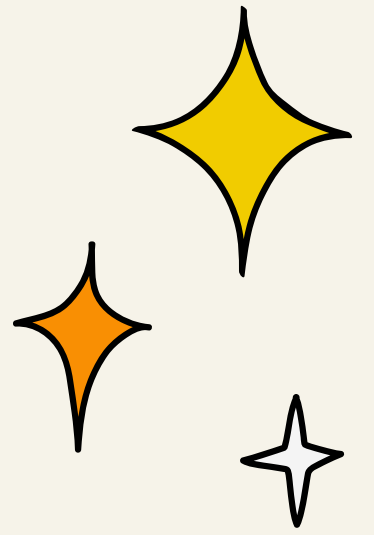




Free Group!

Peer-Led DBT Skills Workshop

FIRST WEDNESDAY OF THE MONTH

5:30-6:30PM

8711 TEAL ST, MAIN FLOOR CONFERENCE ROOM

LEARN ABOUT...

MINDFULNESS

CRISIS SKILLS

EMOTIONS

BOUNDARIES

This group is for adults wanting to learn DBT (Dialectical Behavior Therapy) skills in a peer-led environment. DBT can help you learn practical skills and gain resources to help manage challenging emotions.

Free, drop-in, peer-led!

Find more information at
namijuneau.org/support-groups

Get Support * Practice Skills *