



DIALECTICAL BEHAVIORAL THERAPY (DBT) SKILLS GROUP

Group Therapy for Ages 18+

Group meets **in person**, weekly on **Monday mornings**

Are you an adult who struggles to regulate your emotions or manage feelings of distress? Then you might be interested in our DBT Skills Group! DBT Skills Group meets weekly and covers 4 main skill areas: **Mindfulness, Emotion Regulation, Distress Tolerance, and Interpersonal Effectiveness.**

This group requires a commitment from you to attend group sessions with homework completed and ready to participate in learning activities.

FOR MORE INFORMATION CONTACT GROUP LEADER:
LISA KELLOGG, LMFT, LPC AT [KELLOGG@BRIDGESTHERAPYANDWELLNESS.COM](mailto:kellogg@bridgestherapyandwellness.com)