



VIRTUAL GROUP

# Adult DBT Skills Group

*Building resilience, one skill at a time*

This adult Dialectical Behavior Therapy (DBT) group is designed to support individuals in building practical skills to manage emotions, improve relationships, and cope with life's challenges more effectively — in a supportive, structured environment. **No prior DBT experience required.**

**DAY & TIME**  
**Mondays**  
**12:00–1:00 pm**

**START DATE**  
**April 13,**  
**2025**

**AGES**  
**19 and**  
**older**

**FORMAT**  
**Fully**  
**Virtual**

## CORE DBT SKILLS YOU'LL LEARN

- **Mindfulness**  
Cultivate present-moment awareness and acceptance

- **Distress Tolerance**  
Navigate crises without making things worse

- **Emotion Regulation**  
Understand and reduce emotional vulnerability

- **Interpersonal Effectiveness**  
Build healthier, more fulfilling relationships

## SESSION DATES

**APR 13** **April 13 – June 15, 2025 · 10 Sessions Total**  
 Every Monday, 12:00pm–1:00pm via secure video platform  
 † No session Memorial Day, May 26

## INVESTMENT

**\$400** Full series (all 10 sessions)

**\$65** Per session (drop-in rate)

