



**MIDDLE SCHOOL  
HIGH SCHOOL  
ADULT  
DBT SKILLS  
GROUPS**

**Adolescents:**

Middle School - Tuesdays 5-6pm

High School - Wednesdays & Thursdays 5-6pm

**Adult:**

Tuesdays 1-2pm & Wednesdays 12-1pm

**DBT Skills Group**

---

Learn skills to  
help with intense  
emotions

---

Learn skills for  
stopping impulsive  
behaviors

---

Learn skills for  
communicating  
with family

---

**Build a Life Worth  
Living**