



DISTRESS TOLERANCE

IS THIS GROUP RIGHT FOR YOU?

If YES,
check out
our group!

Feeling **stressed and overwhelmed**?
Need to deal with **difficult situations**?
Want to **accept things out of your control**?
Looking for healthy **coping skills**?



FREE skills group via Zoom
begins **November 5, 2025**
(6 sessions total)

Wednesdays
3:30-5:00 PM

SIGN UP with this link or by using QR code

<https://tinyurl.com/DBTGroupNov2025>



for more information, contact
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