

Feeling Stressed?

Need to Deal with difficult situations?

Want to accept things out of your control?

Looking for coping skills?

Check out
our group!

DBT skills group for teens & caregivers

Distress Tolerance

FREE skills group (via Zoom)

next 6-week round begins Nov 6, 2024

WEDNESDAYS

3:30–5:00 PM

SIGN UP with this link or by using QR code

[HTTPS://TINYURL.COM/DBT1124](https://tinyurl.com/dbt1124)



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