

# May Schedule for DBT Multifamily Teen and Adult Group



*May Your Skills Be with You!*

WEEKLY SCHEDULE: SUNDAYS

Teens 12:15PM – 1:15PM\*

Adults 1:45PM – 3:15PM

***You can join in person or through Zoom for both groups!***

***ANNOUNCEMENT:***

***\* Teen Group will be shortened to one hour this month***

***\*\*May 12<sup>th</sup> group may be only virtual due to unveiling Michael needs to attend. You will receive text 2 hours before group if in person is on or not.***

***May 5<sup>th</sup> – Adult and Teen Groups in Mindfulness***

***May 12<sup>th</sup>\*\* - Adult Group in Interpersonal Effectiveness and Teens and Fam in Mindfulness***

***May 17<sup>th</sup> - Adult Group in Interpersonal Effectiveness and Teens and Fam in Mindfulness***

***May 24<sup>th</sup> – Adult and Teens and Fam in Interpersonal Effectiveness***

## ***REMEMBER!***

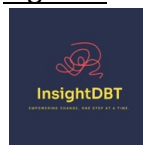
- Please be respectful of others in the group
- Please bring your book or use pdf book
- Please complete your diary card weekly.
- Please reach out to your therapist as needed for phone coaching.
- Please remember the 4-absence attendance rule for group.
  - Please come in sober to group.

Link to Mindfulness resources from group: <http://tinyurl.com/Mindfultool>

## **Skill of the Month:**

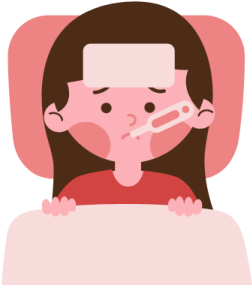
**PLEASE – Distress Tolerance (Illustration for PLEASE on next page)**

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# PLEASE

CHECK OUT HOW YOUR PHYSICAL HEALTH CAN AFFECT YOUR MENTAL



Treat  
Phyiscal  
Illness



Balance  
Eating



Avoid  
Substances



Balance  
Sleep



Get  
Exercise



[Link to Buy DBT Skills Book \(Not a paid affiliation\)](#)

InsightDBT in Merrick, Long Island. Virtual and In person DBT  
516-205-5794

To Be Used as a free resource. Sourced from DBT. Pg 257 of Linehan Skills manual Ver. 2

