

Pay What You Can

DBT Skills Group



FACILITATOR:
MARISOL SWORDS
Bronx-Born, Boricua Baddie
MS-LMHCA

Build Mind and Muscle in Capitol Hill

We are bringing accessible, high-fidelity Dialectical Behavior Therapy (DBT) directly to Capitol Hill. We are offering grounded, identity-affirming, and trauma-informed care to income restricted individuals.

WHAT YOU WILL LEARN



Mindfulness Practice

Learn to stay present and aware, reducing emotional reactivity through guided mindfulness exercises.



Distress Tolerance

Develop healthy coping strategies to get through difficult moments without making situations worse.



Emotion Regulation

Understand and manage intense emotions with practical skills to reduce vulnerability and suffering.



Interpersonal Effectiveness

Build stronger relationships through assertiveness, boundary-setting, and effective communication skills.

PAY WHAT YOU CAN DBT SKILLS GROUP IN CAPITOL HILL



- Weekly Meetings
- 24 Week Commitment
- Cost: \$5-\$50
- Individual Therapist Required:
 - If you do not have one, we have access to Accessible Rate Clinicians with rates ranging from \$0-\$80 per session, based on financial need.

Register now or Scan to learn more.

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