

12-Week DBT Skills Group

with Kitty McQuaid, LPC, NCC

Join our supportive **12-week group for adults**, based on Dialectical Behavior Therapy (DBT), an evidence-based approach that teaches skills for emotional regulation, mindfulness, distress tolerance, and effective communication. DBT is designed to help individuals who feel overwhelmed by intense emotions, struggle with impulsive behaviors, or experience conflict in relationships.

Each week, you'll learn and practice new coping strategies in a safe, structured environment—building confidence and control over your thoughts and actions. Whether you're navigating anxiety, depression, or just want better tools to manage stress, this group offers skills you can use for a lifetime.

Mondays beginning June 16 • 6-7:30 PM

Easttown Library - Berwyn

\$50 per session

PRE-REGISTRATION REQUIRED

Minimum of 5 participants needed to run



RESILIENT MINDS
COUNSELING SERVICES

e-mail for more info and to register:

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