




**HAVING TROUBLE MANAGING
CONFLICT, COMMUNICATING,
OR BUILDING FRIENDSHIPS?**


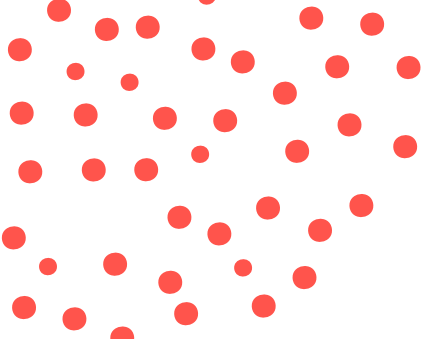
DBT SKILLS GROUP THERAPY

is for you!



Join your peers in receiving support
about how to get the most out of
your social life!





TONI ANN PETOVELLO, LMSW

**WILL BE FACILITATING ON-LINE
GROUP THERAPY TO HELP YOU...**

- learn emotional regulation skills
- feel understood and listened to by your peers
- improve communication skills
- learn mindfulness skills
- prevent and manage conflict
- learn distress tolerance skills
- and much more!

Visit www.presencedevelopmental.com to
make a referral

Email: toniann.petovello@gmail.com

