



DBT SKILLS GROUP

FRIDAYS
6:30PM-8:00PM
6/6/25 - 7/18/25

♥
CO-ED

AGES 12-18

PRIMARY GOALS

- SOCIAL SKILLS
- EMOTION REGULATION
- DISTRESS TOLERANCE
- ANXIETY MANAGEMENT

Zoom link to be provided
following registration.

**(7) 90 MIN
SESSIONS**

7 WEEKS

**FREE
EVENT**

TO REGISTER
SCAN THE QR CODE

refinedmindshealth.com

