

Starting January 26, 2026 | Mondays 1-2pm

Virtual DBT Skills Group

Led by Stella Kimbrough, LCSW | Held on Zoom



DBT is an evidence-based treatment for anxiety, depression, borderline personality disorder (BPD), eating disorders, post-traumatic stress disorder (PTSD), and more.* Learn skills to help you effectively manage your emotions, improve relationships, and handle life's difficult moments in a group-based setting.

SKILLS YOU WILL LEARN



Mindfulness

Notice what's happening in the moment without judgment



Distress tolerance

Get through tough moments without making things worse



Interpersonal effectiveness

Improve relationships through assertiveness



Emotion regulation

Reduce or change your emotional responses

SPOTS ARE LIMITED

We keep our groups small to ensure everyone gets the care they deserve.

Reach out to learn more about details such as pricing and schedule.

Ways to get in touch:

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*Harvard Health Publishing. (2024, January 22). Dialectical behavior therapy: What is it and who can it help? Harvard Health Blog. [Gain access to essential information and resources by participating in our mental health consultant programs.](#)