



Heart of Amber  
Therapy

# DBT, EASY AS 1-2-3

\$30/session!  
Thursdays starting  
7/10-7/30  
@ 7pm



Join us for a **4-week group based on Dialectical Behavioral Therapy**. In just four sessions, you'll learn practical, life-changing skills to help you:

Stay grounded in emotional storms, handle difficult relationships, build mindfulness and self-awareness and regulate intense feelings without shutting down.

***No prior DBT experience needed. This group is designed to be supportive, approachable, and immediately useful. Group is available to adults 18+ and is offered in-person and online!***



**REGISTER NOW!**

347-593-8575  
530 Union Ave Unit 3A Middlesex, NJ 08846

**WWW.HEARTOFAMBERTHERAPY.COM**