

January InsightDBT Skills Group



WEEKLY SCHEDULE:

SUNDAYS Adults 1:45PM – 3:15PM

TUESDAYS: Multifamily Group (Teens) 6-6:45PM

January 5th: Mindfulness 1 **SUPERTOPIC – WHERE IS YOUR RED ZONE?**

January 12th : Mindfulness 2 **SUPERTOPIC – Mindfulness ain't that complicated!**

January 19th: Mindfulness 3 – **SUPERTOPIC – “DO OR DO NOT... THERE IS NO TRY.”**

January 26th: **Break. Enjoy your day off!**

Please take good self-care and connect with your therapist on our weeks off where you need support.

REMEMBER!

- Please be respectful of others in the group
- Please bring your book or use pdf book
- Please complete your diary card weekly.
- Please reach out to your therapist as needed for phone coaching.
- Please remember the 4-absence attendance rule for group.
 - Please come in sober to group.

Link to Mindfulness resources from group: <http://tinyurl.com/Mindfultool>

Zoom Codes: Meeting ID **294 196 0784** & Password: **865810**



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