

# April Schedule for DBT Multifamily Teen and Adult Group



WEEKLY SCHEDULE: SUNDAYS

Teens 12:15PM – 1:45PM

Adults 1:45PM – 3:15PM

***You can join in person or through Zoom for both groups!***

## **ANNOUNCEMENT**

***We're trying out individual skills coaching and maybe will be putting together a new group on a weekday!***

***Please ask your therapist for more info if you are interested!!***

Apr. 7th **Mindfulness 1 Teens** / Distress Tolerance II Adults

Mar 14<sup>th</sup> – **Mindfulness 2 Teens** / Distress Tolerance III Adults

Mar 21<sup>th</sup> – Mindfulness 3 Teens / Distress Tolerance IV Adults

March 28<sup>th</sup> – Passover Yom Tov **NO GROUP! ENJOY YOUR FREETIME!**

## **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>

## **Skill of the Month:**

Mindfulness Freestyle

PLEASE SKILLS AND COPING BOX

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