

July DBT Skills Groups



Summer Skills Fun!

WEEKLY SCHEDULE: SUNDAYS

Teens 12:30PM – 1:30PM

Adults 1:45PM – 3:15PM

July 7th – Adults and Adolescents in Mindfulness I
July 14th - Adults and Adolescents in Mindfulness II
July 21st - Adults and Adolescents in Emotion Regulation I
July 28th – Off: Enjoy your day!

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.

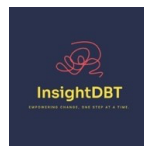
Link to Mindfulness resources from group: <http://tinyurl.com/Mindfultool>

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

Skill of the Month:

Radical Acceptance – From Distress Tolerance

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