

# June Schedule for DBT Multifamily Teen and Adult Group



*Summer Skills Fun!*

WEEKLY SCHEDULE: SUNDAYS

Teens 12:30PM – 1:30PM

Adults 1:45PM – 3:15PM

### **ANNOUNCEMENT:**

***We Are doing 5pm Makeup skills sessions during the week for weeks off from group.  
You can join in person or through Zoom for both groups!***

***June 2nd<sup>th</sup> – Adults in Interpersonal Effectiveness | Teens are in Emotional First Aid***

***June 9th<sup>th</sup> – Adults in Interpersonal Effectiveness | Teens are in Emotional First Aid***

***June 16<sup>th</sup> – Out! Feel free to join Our Zoom Skills Make Up Session on Managing Anger on Monday 17<sup>th</sup>  
@5pm – See Meeting Codes Below!***

***June 23rd – Adults in Interpersonal Effectiveness or Mindfulness | Teens are in Emotional First Aid***

***June 30th<sup>th</sup> – Out! Feel free to join Our Zoom Skills Make Up Session on Addictive Behaviors on Monday July  
1<sup>st</sup> @5pm – See Meeting Codes Below!***

### **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.

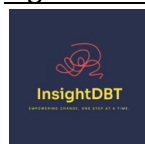
Link to Mindfulness resources from group: <http://tinyurl.com/Mindfultool>

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

### **Skill of the Month:**

DEAR MAN – From Interpersonal Effectiveness

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