

# Passover/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:**

**TEEN GROUP IS SUSPENDED UNTIL MAY 5<sup>th</sup>**

**April 21<sup>st</sup> Adults – Mindfulness 1**

**April 28<sup>th</sup> – Mindfulness 2 – GROUP IS ONLY VIRTUAL TODAY DUE TO PASSOVER ADJUSTMENT**

**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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