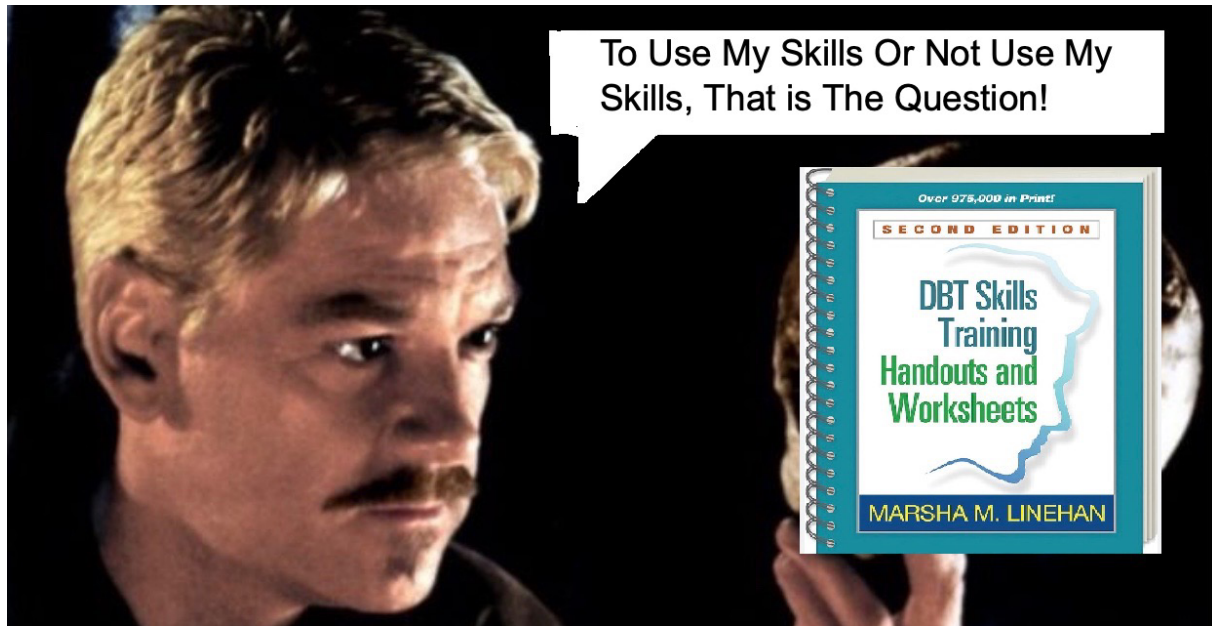


Feb- Mar Schedule for DBT Multifamily Teen and Adult Group



WEEKLY SCHEDULE: SUNDAYS

Teens 12:15PM – 1:45PM

Adults 1:45PM – 3:15PM

WE ARE NOW HYBRID FOR BOTH ADULTS AND MULTIFAMILY TEEN GROUP!

Feb 11th **Distress Tolerance II Teens / Mindfulness III Adults**

Feb 18th – **Distress Tolerance III Teens / Distress Tolerance I Adults**

FEB 27th – NO GROUP! ENJOY YOUR FREETIME!

March 3rd – **Distress Tolerance IV Teens / Distress Tolerance II Adults**

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:

STOP! Pg. 327

