

September DBT Skills Groups

Summer Skills Fun!



WEEKLY SCHEDULE: SUNDAYS

Teens 12:30PM – 1:30PM

Adults 1:45PM – 3:15PM

August 25th & September 1st - OFF

Sept 8th - Adults and Adolescents in Emotion Regulation IV

Sept 15th - Adults and Adolescents in Emotion Regulation V

September 21st – Emotion Regulation VI or Mindfulness I

Please take good self-care and connect with your therapist on our weeks off where you need support.

REMEMBER!

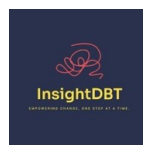
- Please be respectful of others in the group
- Please bring your book or use pdf book
- Please complete your diary card weekly.
- Please reach out to your therapist as needed for phone coaching.
- Please remember the 4-absence attendance rule for group.
 - Please come in sober to group.

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

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

Skill of the Month:

Emotion Identifying Worksheets: Pg. 214 -223



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