



DIALECTICAL BEHAVIORAL THERAPY (DBT) GROUP

**Starting January 2, each Tuesday and Thursday from
6-8 p.m.**

Our Dialectical Behavioral Therapy - also known as DBT - skills group will focus on teaching:

- **Mindfulness** - awareness of self and others in the present moment
- **Emotional regulation** - recognizing labeling and adjusting emotions and reactions
- **Distress tolerance** - handling intense emotions, without impulsive behaviors, self-harm or substances; and
- **Interpersonal effectiveness** - assertiveness and dealing with conflicts

This DBT skills group is specifically tailored for the LGBTQIA+ community. Everyone is welcome here.

This group also approaches DBT from a harm-reduction model, and abstinence is not required but encouraged.

The cost is \$50 per group meeting and standard \$200 per individual session. Most insurance accepted and sliding scale fees available.

Call **Leah** at **612-373-9162** to complete a client intake or for questions.

DBT Skills Group

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6-8 p.m.**

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Leah 612-373-9162
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intake or for questions**

**JustUs Behavioral
Health Clinic**

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