



## **Women's Pre-DBT Group**

**Group Description:** This group will utilize Introductory Dialectical Skills Therapy covering Mindfulness, Emotion Regulation, Distress Tolerance, and Interpersonal Effectiveness Skills. Group is designed for clients who have experienced traumatic or stressful events and have challenges with emotional regulation, relationships challenges, or mood instability.

**Population:** Adult women 18 and up

**Time:** Every Tuesday 1:30-3:00 pm

Dennis N. Moran Center  
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