

Skills Group

Cognitive–Behavioral Skills Training (DBT Skills)

Provides skills in four areas:

- Mindfulness
- Interpersonal Relationships
- Emotional Management
- Distress Tolerance

This is an ongoing program to change and improve the quality of life for people suffering with emotional and behavioral challenges.

Program Length

6–7 months

Day & Time

Thursdays

12:30 – 2:30 p.m.

OR

6:00 – 8:00 p.m.

Cost: \$160.00 per week

Insurance accepted

Sliding Fee Scale available

Next Start Dates:

January 13, 2011 for 12:30–2:30 pm group

January 20, 2011 for 6–8 pm group

Registration & Intake required

For more information:

Call Deb at 763-566-0088, EXT 219



Christian Recovery Counseling

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