



DIALECTICAL BEHAVIORAL THERAPY GROUP

JULY 19- AUGUST 23 | 5:45-7:15PM ONLINE

\$25/GROUP OR \$150 FOR THE SERIES.
INSURANCE CAN BE BILLED FOR THOSE WITH ADOLESCENTS IN YEP

Do you get triggered by others in your relationships?
Looking for some tools to help you respond more effectively?

Dialectical Behavioral Therapy is a proven approach to dealing with extreme emotional responses and the impact they have on our relationships to the world and others. The focus of our DBT program is developing skills to help families manage and improve their lives.

In this group, parents learn skills to help regulate their own emotions when managing their child in distress. Parents also learn tools to understand what their child is thinking and feeling so they can help better support them and improve the entire family functioning.

Please RSVP to Mary Evans: mary@sernasolutionsllc.com | 505-405-5575



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