



DBT Skills Group

Skills to Promote Mental and Emotional Wellbeing

Meets Tuesdays from 5:30-6:30PM (For 13 Weeks)

Next group starts May 21, 2024
Age 18 and older welcome

Heartland Christian Counseling
2611 Washington St, Pella, IA 50219

The purpose of the group is to learn new skills so you have the tools to build the life you want. The goal of each session is learning practical ways to approach your life.

The DBT Group is open to anyone interested in skills training and education. The group covers topics from the Dialectical Behavior Therapy Skills Training Manual by Marsha Linehan. Each session begins with a mindfulness exercise before diving into new skills.

Main Topics

- Mindfulness Skills
 - Emotion Regulation Skills
 - Distress Tolerance Skills
 - Interpersonal Effectiveness Skills
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Facilitator: Ava Zihlman

For more information and to register, call (641) 628-9599