

Managing Life *Skills Group*

Wednesdays 2-3:30 PM, ONLINE

In this 12-week group, we will introduce, review, and practice skills and concepts from Dialectical Behavioral Therapy (DBT) such as emotion regulation, distress tolerance, interpersonal effectiveness, and mindfulness. No prior knowledge of DBT or DBT skills required! This group is for folks ages 18+ and open to all gender identities.

This group cannot accept Medicare.

Start date: February 14, 2024

To join or ask questions, please call
Hamm Clinic Intake at 651.224.0614