

# DBT-informed skills group

A THERAPY GROUP FOR ADULTS



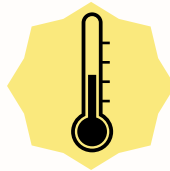
HEALTH FOR LIFE  
— COUNSELING —

DBT, or Dialectical Behavior Therapy, is an evidence-based cognitive-behavioral treatment that teaches skills to **reduce emotional suffering and improve relationships** we have with ourselves and others. Led by licensed therapists trained in DBT, this group provides a space for adults (ages 18 and up) to meet weekly and **gain skills in four areas:**



## mindfulness

*Expand awareness and acceptance of your experiences without judgment, and learn to live fully in the moment.*



## distress tolerance

*Build skills to navigate stressful situations & reduce reliance on destructive coping strategies.*



## emotion regulation

*Gain emotional resilience by learning to identify, understand, & manage your feelings.*



## interpersonal effectiveness

*Learn to build healthy relationships, communicate needs, & foster self-respect.*

## interested in joining?

To learn more, call our main office, visit our website, or scan the QR code below:



**616.200.4433**



**date & time** Wednesdays from 7:00 - 8:30 PM.

**location** Holistic Health Collective Group Room

**time commitment** Up to 18 weeks (three modules, six weeks per module)

**cost** \$30 per week.  
*\*Receive a 10% discount by paying for 6 weeks up front.*

[www.HealthForLifeGR.com](http://www.HealthForLifeGR.com)