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 learing 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

www.HealthForLifeGR.com

date & time	Wednesdays from 6:30 - 8:00 PM.
location	Health for Life Counseling Group Room
time commitment	Up to 18 weeks (three modules, six weeks per module)
cost	$40 per week. **Receive a **10% discount** by paying for 6 weeks up front.*