Dialectical Behavioral Therapy (DBT) skills have been scientifically shown to decrease depression and anxiety symptoms and improve emotion regulation and quality of life.

March 15th, 2021 | 5:30 PM - 7 PM
10 Sessions | Call today to apply | 251.460.7149

Over the course of the 10 week virtual group you will learn how to:
- Improve your interpersonal effectiveness
  - Regulate your emotions
  - Tolerate distress
  - Engage in mindfulness