

DBT GROUP

BEGINNING SEPTEMBER 2024

6-WEEK CLOSED GROUP

9/10 - 10/15

6:00 PM- 7:30 PM

\$198 for all 6 weeks!

Join our Dialectical Behavior Therapy (DBT) workshop to learn practical skills for managing emotions, improving relationships, and enhancing mindfulness. Learn to navigate life's challenges with resilience and balance. Empower yourself with techniques to build a more fulfilling and stable life.

PAYMENT IS REQUIRED TO HOLD SPOT 801-906-8520
4578 S. Highland Dr. Suite 270, Millcreek, UT 84070