



lifespan
counseling
PRESENTS

Adult DBT Skills Groups



SCAN
ME 



This group is perfect for you if:

- you have experienced trauma and/or have difficulty in your relationships
- feel confused about your sense of who you are/ self
- experience anger outbursts or have problems with regulating your mood
- struggle with impulsive or risky behaviors
- have intrusive thoughts, urges to self-harm or feel "checked out"

DETAILS:

- 16- 18 week commitment
- Evening and lunch hour options
- In person

REGISTRATION:

Rolling admission - join us anytime during our next Mindfulness unit!



 402-575-5577

MORE INFORMATION

www.lifespancounselingne.com

