

DBT MULTIFAMILY GROUP SKILLS

ONGOING

\$75 per
family per
session

6 MONTHS

WHERE

VIRTUAL

FROM THE COMFORT OF YOUR OWN
HOMES

LEARN MINDFULNESS, EMOTION
REGULATION, DISTRESS
TOLERANCE, WALKING THE MIDDLE
PATH, AND INTERPERSONAL
EFFECTIVENESS SKILLS!

WHAT

WHO

**YOU & YOUR
PARENTS**

WEDNESDAY 5-6:30 CST

PENDING HOLIDAYS AND WINTER BREAK

WHEN



MORE INFO:

SDOBKIN@ROSEWATTERCHICOUNSELING.COM



I am a DBT-Linehan Board of Certification, Certified Clinician™ and I have almost a decade of experience providing comprehensive and adherent DBT.

