



ADULT DBT SKILLS TRAINING GROUP

Learn skills to help change your mind

We will cover the core skills of DBT:
Mindfulness ~ Interpersonal Effectiveness
Distress Tolerance ~ Emotion Regulation

SATURDAY, July 13th, 2019
2645 Portland Rd NE, #120, Salem, OR 97301
4:00pm – 5:00pm

Weekly meetings for 12 weeks
Closed Group Format

Group Leader: Annie Mattox, MSW
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