



DBT Skills Group

The Dialectical Behavior Therapy (DBT) Skills Group is designed to help adolescent clients develop the tools and skills to enhance their capacities to live life to their potentials. The group will rotate through the DBT skills of Mindfulness, Emotion Regulation, Interpersonal Effectiveness, and Distress Tolerance.

This five-week group session will meet on Mondays from 6:00-7:30PM beginning Monday, April 2 and ending on Monday, April 30. Clients must be in concurrent individual therapy and cost is \$250 for the session.

The group will meet at the offices of Associates in Counseling and Wellness, LLC located at 2001 Waterdam Plaza Drive, Suite 206, McMurray, PA 15317.

For more information, please call 412.559.9152 or e-mail the group leader, Jayna Bonfini, at wellnessjb@hushmail.com.