



# Life Skills Group

A DBT approach for a meaningful life. Topics include mindfulness, distress tolerance, emotional regulation, problem solving, and building a satisfying life.  
Open to 18+ members.

Fridays, 1 - 3 p.m.

## Facilitated by

Jeff Dixon, LCSW

## Questions?

Anita Adams, MS, 520-694-1790

Yahaira Garcia, PhD, 520-694-5502

## Location

Whole Health Clinic  
535 N. Wilmot Rd.  
#201

## Insurance

Attendees must have AHCCCS

Everyone has the potential to thrive!