



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

Anita Adams, MS
Yahaira Garcia, PhD

Questions?

Anita: 520-694-1790
Yahaira: 520-694-5502

Location

Whole Health Clinic
535 N. Wilmot Rd.
#201

Insurance

Attendees must have AHCCCS

Everyone has the potential to thrive!