



Life Skills Group

A DBT approach for a meaningful life. Topics include mindfulness, distress tolerance, emotional regulation, problem solving, addiction, social media, and building a satisfying life. Open to all ages!

Tuesdays, 1 - 3 p.m.

Facilitated by

Jeff Dixon, LCSW

Location

Whole Health Clinic
535 N. Wilmot Rd.
#201

Questions?

Call 520-694-1234

Insurance

Attendees must have
AHCCCS or private
insurance.

Everyone has the potential to thrive!