



# Life Skills Group - Women

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 women of all ages!

Tuesdays, 9 - 10 a.m.

## Facilitated by

Laura Neely, 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!