Life Skills Group
A DBT Approach for a Meaningful Life

Topics include:
- Mindfulness
- Distress tolerance
- Emotional regulation
- Problem solving
- Addiction
- Social media
- Relationships
- Building a satisfying life

Open to people of all ages. Led by a Licensed Therapist

Tuesdays, 1-3 p.m.

Banner’s Whole Health Clinic
535 N. Wilmot Rd. #201

Kim Schiefelbein LCSW, C-DBT, 520-694-5750

Everyone has the potential to thrive!

Scan the QR code to visit our website