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 Women of all ages
Led by a Licensed Therapist

Tuesdays, 9-11 a.m.

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

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Everyone has the potential to thrive!

Scan the QR code to visit our website