



Helping you find the way to a healthier, happier you

## Adult DBT Skills Training Group

*Aiming to reduce depression, anger, impulsivity and emotional dysregulation for overall stability of life*



### **What You Will Learn!**

Distress Tolerance  
Mindfulness  
Emotional Regulation  
Interpersonal Effectiveness

*Through worksheets, hands-on activities, open discussion, and other therapeutic methods*

### Group Facts

Day of the Week: Wednesday  
When: Opens every 4-6 weeks  
Number of Weeks: 18  
Time: 2:30-4pm  
Location: 7635 Hull Street Road Suite 201  
Richmond, VA 23235

*To Register, Contact:  
Lighthouse BHC  
804-447-6382*

Females and males ages 18 and up  
Pre-Screen Required

*Participants are required to be in individual therapy with a therapist trained in DBT.*