



Helping you find the way to a healthier, happier you

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: 4:30pm – 5:30pm
Location: 101 Buford Road, Suite 110
N. Chesterfield, VA 23235

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

Females and males (based on appropriateness) ages 13-17
Pre-Screen Required

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