



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 – 6:00pm

Location: 7635 Hull Street Road Suite 201
Richmond, 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.*