

# Now offering

## DBT Therapy Group

### What is it?

Join us for a supportive 6 week Dialectical Behavior Therapy, **A Gentle Start to Emotional Wellness**, (DBT) Group, designed to help adults navigate anxiety, depression, and emotional overwhelm using evidence-based skills. Carina Schroedel, CSW will assist you in learning and practicing: **Mindfulness, Emotion Regulation, Distress tolerance and Interpersonal effectiveness.**

Are you ready to build emotional resilience, improve your relationships, and find healthier ways to cope with stress?

### When and where is it?

Meeting at the Groundwork Counseling office  
1107 Indian Mound Dr, Ste D  
Mt Sterling, KY  
OR  
Via Telehealth

Beginning Wednesday June 2nd  
1:00 P.M - 2:30 P.M

[groundworkcounseling.org](http://groundworkcounseling.org)

[Carina.schroedel@proton.me](mailto:Carina.schroedel@proton.me)

