

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

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