

# Middle School DBT Group

**Mondays** *at* **4:30pm**

**Max Members is 10/8 Weeks of group**



**Space is  
limited:  
Sign up  
now!**

**Enhance self-awareness, self-esteem,  
emotion-regulation, and social interactions.  
Identify and express difficult feelings, working as a  
team enhancing social interactions.**

## **Key Therapy Counseling**

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