



Embark on a transformative journey towards emotional regulation, interpersonal effectiveness, and mindful living with our Dialectical Behavioral Therapy (DBT) Skills Group.

When	Age Group
Every Thursday from 5-6pm	Teens
Every Saturday from 11am-12pm	Adults

Our group sessions, conducted online, provide accessibility and convenience without compromising the effectiveness of DBT techniques.

DBT Targets	Criteria for Referrals
<ul style="list-style-type: none"> <li>◆ Self-harm behaviors</li> <li>◆ Difficulties controlling strong emotions</li> <li>◆ Problem anger/non life-threatening violence</li> <li>◆ Severe quality of life interfering behaviors</li> </ul>	<ul style="list-style-type: none"> <li>◆ Medically and psychologically stable</li> </ul>

**Held over 12-week sessions**, this program offers a structured and supportive environment to cultivate skills that empower individuals to navigate life's challenges with resilience and self-awareness.

Twelve-week program consisting of the following sessions:	
Mindfulness	sessions 1 and 2
Distress Tolerance	sessions 3 to 5
Emotional Regulation	sessions 6 to 9
Interpersonal Effectiveness	sessions 10 to 12

## Enrollment now open for Fall

**Facilitators: Luiza Camelo, LMHC and Yacihuilca Moní, Psy.D., HSP**  
 \$60 per session | Optum (CT|MA), UBH (CT|MA), Connecticare (CT), Aetna (CT), and self-pay