



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 Thursday from 5-6pm	Adults, general
Every Saturday from 11am-12pm	Adults (18-30)
Every Saturday from 12-1pm	Adults (30+)

Our group sessions, **conducted online**, provide accessibility and convenience without compromising the effectiveness of DBT techniques. **Classes start on June 27th.**

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

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 June

Facilitators: Luiza Camelo, LMHC and Yacihuilca Moní, Psy.D., HSP

\$60 per session | Optum (CT|MA), UHB ((CT|MA), Connecticare (CT), Aetna (CT), and self-pay



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