



# DBT SKILLS GROUP

## CREATING A LIFE WORTH LIVING

Group will focus on helping individuals develop and strengthen their ability to tolerate distress, regulate their emotions, and effectively engage with others. Ideal for adults who struggle with mood swings, regularly feel overwhelmed or stressed, struggle with maintaining relationships, or may engage in self-harming behaviors.

- Groups will have 8-10 people
- Must currently be in individual therapy

Facilitators: Gwenna Blanden, MS & Kenia Valdez, MS

Date: Monday's, starting September 10, 2018

Time: 3:30 pm-5:30 pm

Length: 8 weeks

Fee: \$10 per session (\$80 must be paid in full at first session;

Payable via cash/check/credit card

Please call 610-436-2510 or walk-in to reserve your spot!



**Cope with sudden surges of emotion**

---

**Learn how to stay grounded**

---

**Identify negative thoughts and beliefs**

---

**Improve relationships and interpersonal skills**

---

**Identify strengths to improve self-image**

## COMMUNITY MENTAL HEALTH SERVICES

125 W. Rosedale Ave.  
Wayne Hall, 8<sup>th</sup> Floor  
West Chester, PA 19383

610-436-2510

[www.wcupa.edu/CommunityMentalHealth](http://www.wcupa.edu/CommunityMentalHealth)