

DBT SKILLS GROUP

Participants will learn how to:

- Manage difficult emotions.
- Develop adaptive coping skills to manage family demands, difficult relationships, academic pressures, and other stressful life events.
- Improve judgment and decision-making capabilities.
- Create positive relationships and a more cohesive sense of self.
- Decrease self-injuries and impulsive behaviors.



Register today or reach out with questions by calling 203-779-5490 or emailing contactus@shorelinepsychological.com.