

S'eclairer



DBT Skills Learning Group

Are you struggling to avoid problems like panic attacks, anxiety , mood swings, isolation, aggression, self-injury, substance use, problem eating, chronic pain ? Do you want to get well, but don't have the tools?

DBT Skills Training Group is a weekly outpatient group that helps you learn coping skills such as:

- *Stress Management*
- *Building Positive Experiences*
- *Increasing the Use of Your "Wise Mind"*
- *Effective Communication*
- *Self-Care*
- *Reduce Time Spent Thinking About the Past or Worrying About the Future*



Enlightening self with Knowledge

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Group Lead & Co leader
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Come Enjoy

The Weekly Dialectical Behavioral
Therapy Skills Group
Every Thursday

6:00 PM—7:30 PM