

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

S'eclairer

Group Lead & Co leader
Safdar I. Chaudhary, MD
Kim Ruth, MS, CAC, LPC

Phone: 724-468-3999
Fax: 724-468-0039
www.seclairer.com

Come Enjoy

The Weekly Dialectical Behavioral
Therapy Skills Group
Every Tuesday

9:00—10:30 AM