

HOLIDAY COPING SKILLS

A Taste of DBT



Saturdays, 11 am – 12:30 pm

Oct. 20th – Dec. 8th

\$30/session

come to one or come to all!



This group is for you if you struggle with any of these:

- Low self-esteem
- Negative thinking patterns
- Depression
- Anger
- Anxiety
- Ineffective communication
- Self-destructive behaviors

By participating in this group you will:

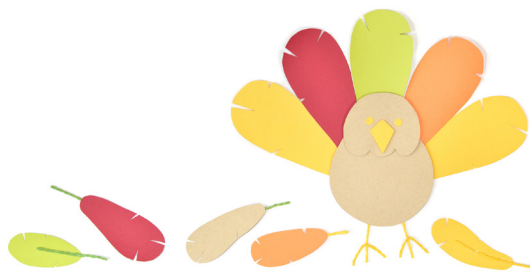
- Learn to become more self-aware through mindfulness
- Strengthen interpersonal skills through assertive communication
- Understand how to accept and tolerate distress
- Learn how regulating emotions will ease suffering



Ann Marie Lehrer, MS, NCC, APC,

brings an encouraging approach to improve self-respect through awareness and communication using effective DBT skills and activities.

Her easy-to-understand guidance supports growth for positive behaviors and a more fulfilling quality of life.



Care and Counseling
Center of Georgia

We always start with care

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