

# DBT INFORMED SKILLS GROUP FOR ADULTS

Dialectics is a way of understanding the world, a philosophy. It believes that there is always more than one way to see a situation and more than one way to solve a problem. Participants will learn a variety of practical techniques.

Sessions will focus on:

- Identifying and managing emotion
- Learning and practicing distress tolerance
- Learning mindfulness skills
- Improving relationships through effective communication
- Help manage suicidal and self-harming behaviors

This group is **6 months** long and each session is **two hours** in length. Participation also requires meeting with a therapist once a week while group is running.

The cost will be billed to your eligible insurance plan.

If you are a resident of Anoka County without insurance you may qualify for support through the county sliding fee program.

**Facilitator: Julie Smith, MA, LPCC**

**For more information, call our intake line at 763-780-3036.**

6 MONTH  
COMMITMENT

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STARTS SOON!  
*A LIMITED NUMBER  
OF PARTICIPANTS CAN  
START AFTER GROUP  
HAS ALREADY BEGUN*

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LOCATION:  
BRIDGEVIEW  
7920 UNIVERSITY  
AVE NE,  
FRIDLEY, MN 55432

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SLIDING FEE  
AVAILABLE



**Lee Carlson Center™**  
FOR MENTAL HEALTH & WELL-BEING

7954 University Avenue NE Fridley, MN 55432  
www.leecarlsoncenter.org | 763-780-3036