



LEE CARLSON CENTER™

For Mental Health & Well-Being



DBT Aftercare Skills Support Group

Details

Have you completed DBT skills training, and wonder what next? This **10 week group** may be for you. We will do skill review, skills integration work and provide accountability for skill use in your life.

Group Meets

Starts Friday, Oct 18 from 2:00-3:30 pm

5540 Brooklyn Blvd, Brooklyn Center, MN 55429

Cost: billable to eligible insurance plans or payment options available.

763.780.3036 • leecarlsoncenter.org

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