

DBT MULTIFAMILY GROUP SKILLS

OCTOBER - APRIL

\$75 per
family per
session

2024-25

WHERE

VIRTUAL

FROM THE COMFORT OF YOUR OWN
HOMES

LEARN MINDFULNESS, EMOTION
REGULATION, DISTRESS
TOLERANCE, WALKING THE MIDDLE
PATH, AND INTERPERSONAL
EFFECTIVENESS SKILLS!

WHAT

WHO

**YOU & YOUR
PARENTS**

WEDNESDAY 5-6:30 CST

OCTOBER - APRIL

PENDING HOLIDAYS AND WINTER BREAK

WHEN



MORE INFO:

SDOBKIN@ROSEWATERCHICOUNSELING.COM



**I am a DBT-Linehan
Board of Certification,
Certified Clinician™ and
I have almost a decade
of experience providing
comprehensive and
adherent DBT.**

