

WOMEN'S GROUP

Wednesday's 4-6pm

Learn new coping skills in this **12-week** DBT informed group.

Topics discussed:

mindfulness

relationship skills

building tolerance

emotion regulation

START DATE: JUNE 23, 2021

COST: \$40 PER SESSION

- GROUP HELD IN-PERSON -

LOCATED AT:

Room for Change

3256 Southern Dr. | Ste 461

Garland, TX 75043

*Call (972) 926-3523 or email
kylie@roomforchange.info to schedule a
quick 15-minute phone consultation*

