



ANAM THERAPY COUNSELING, INC.

*HELPING CLIENTS LIVE HAPPIER, HEALTHIER,
MORE FULFILLING LIVES.*

DBT SKILLS GROUP



2/12/24 - 3/18/24



MONDAYS, 6:00PM



ONLINE

A 6-week group designed for adolescents, 13 - 18, to enhance emotional regulation, increase distress tolerance, and develop interpersonal communications skills.

LEARN MORE



434-484-2000



heather@anamtherapycounseling.com



www.anamtherapycounseling.com

