



# Basic Skills for Everyday Life

## A DBT Skills Group

Based on Dialectical Behavior Therapy (DBT)

**Mindfulness:**  
Practice staying present, not dwelling on the past, and treating yourself with kindness.  
(Every class)

**Interpersonal Effectiveness:**  
Practice building and sustaining healthy relationships.  
(Fall 2017)  
Sept 6-Oct 25

**Emotion Regulation:**  
Practice recognizing, observing, and taking responsibility for your emotions.  
(Winter 2017)

**Distress Tolerance:**  
Practice skills to get through difficult life situations without making things worse.  
(Spring 2018)

Join this transformative group to develop greater self-awareness, enjoy better relationships, reduce stress, and bolster emotional resilience.

No prior experience necessary, all are welcome

**Time:** Wednesdays 9:30-11am, Sept 6-Oct 25, 2017

**Location:** 925 Lincoln Avenue, Louisville, CO 80027

**Fee:** \$300 per 8 week segment

**Facilitators:** Co-led by Polly S. Douglass, LPC & April Pojman, LPC

**Registration:** Contact April at [april@lions-breath.com](mailto:april@lions-breath.com) or 303 997-2267