



Advanced Skills for Everyday Life A Skills and Process Women's Group

Influenced by 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.

Prior DBT experience is required.

Time: Wednesdays 12:00 pm – 1:30 pm, 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 or 303 997-2267