



Skills for Everyday Life

A Personal Skills Women's Group

Influenced by Dialectical Behavior Therapy (DBT)

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

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

Distress Tolerance:
Practice skills to get through difficult life situations without making things worse.
(April 5- May 17)

Interpersonal Effectiveness:
Practice building and sustaining healthy relationships.
(Fall 2017)

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

Time: Wednesdays 12:00 pm – 1:30 pm, April 5- May 17, 2017

Location: 925 Lincoln Street, Louisville, CO 80027

Fee: \$225 per 7 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