

REGULATING EMOTIONS: SKILLS WORKSHOPS & DBT GROUP THERAPY



Hi



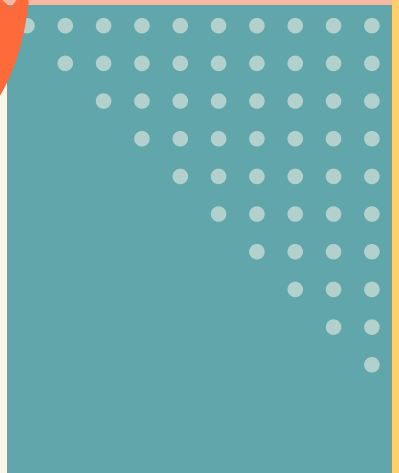
**Skills
Workshops:**
A four-part
drop-in series



DBT Group:
Eight-week
treatment group
based on
Dialectical
Behavioral
Therapy

Topics:

Mindfulness
Identifying Emotions
Coping Skills
Wise Mind

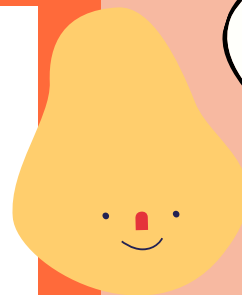


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Student Health & Well-Being
Mental Health Services

