

# Family & Friends DBT Class

(a class for parents and other supportive adults)

## *Mindfulness and Distress Tolerance*

Does someone you love struggle with stress, outbursts, anxiety, depression, or other difficulties with emotions or behavior? Join other supportive people learning ways to support your loved ones using the techniques and philosophies of DBT, led by a DBT therapist. This class covers topics including Mindfulness, Validation, and Distress Tolerance over 8 weeks. Materials will be provided. Topics parallel those our DBT clients are learning, geared for parents and other supportive people.

You may register for this class even if you cannot attend all of the sessions, which is common. Both parents may attend all of the classes for the price of one parent. This is an 8-week module. If you need to request a different class day or time, please let us know. No intake appointment is required for the Parent & Support Person Class. Feel free to contact the class leaders or Clinical Director, Dr. Kirsten Moore, before registering, with any questions you may have about the class.

\*Please call for our current class schedule or to request days and times that work for you\*

Our next module is:

**"Mindfulness & Distress Tolerance"**

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