

# Balance & Potential Inc

## We offer DBT & CBT Therapy for Emotion Regulation



Balance & Potential helps clients using DBT Classes & CBT Therapy. Our Dialectical Behavior Therapy classes help individuals with strong emotions that may include anxiety or depression. We offer open enrollment of classes for **adults, teens, parents and family members**, with customized skills groups for **pre-teens and kids**.

### Dialectical Behavior Therapy

- Mindfulness
- Emotion Regulation Skills
- Distress Tolerance Skills
- Interpersonal Effectiveness Skills

*\*Individuals can register for our classes whether they have an offsite therapist or need a DBT therapist here at Balance & Potential*

To schedule an intake or to learn about our services please contact  
**Balance & Potential today:**  
**(678) 644-0039**

**Dr. Kirsten Moore, Psy.D., Clinical Director**

Visit our website at <https://BalanceAndPotential.com>

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