

Family & Friends DBT Class

(a class for parents and other supportive adults)

Mindfulness & 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. Materials will be provided. Topics parallel those our DBT clients are learning, geared for parents and other supportive adults.

You may register for this class even if you cannot attend all of the sessions, which is common. In the case of families, both parents may attend all of the classes for the price of one parent. If you need to request a different class day or time, please let us know.

No intake appointment is required for the Family & Friends DBT / Parent & Support Person Class. Feel free to contact the class leader or Clinical Director, Dr. Kirsten Moore, before registering, with any questions you may have about the class.



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