

## **Virtual Mindfulness DBT Skills Group**

Tuesdays | 12:00 PM – 12:40 PM

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**Racing Mind/Thoughts ?**  
**Experiencing Panic/Anxiety Attacks ?**  
**Overwhelmed or Trouble Sleeping ?**

**We have the group for you!**

Join a supportive virtual space to explore Dialectical Behavior Therapy (DBT) skills with a focus on mindfulness.

Participants are given the opportunity to:

- Learn about, develop, and practice self-regulation skills
- Consider how these skills can support mindfulness and emotional regulation goals
- Apply practical tools to increase self-awareness and stay grounded

### **What to Expect:**

- A calm, structured environment
  - No active speaking participation required – engage in a way that feels comfortable for you
  - You won't be 'called upon' to talk in the group—we want you to focus on learning the skills without the social pressure
  - No prior experience needed
  - Notebook and writing utensil recommended but not required
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### **What is DBT?**

Dialectical Behavior Therapy (DBT) is an evidence-based approach that teaches practical skills for managing emotions, improving self-awareness, and coping with stress.

### **What is Mindfulness?**

Mindfulness is the practice of focusing on the present moment with openness and curiosity, helping reduce emotional reactivity and increase calm and clarity.