

# Dialectical Behavioral Therapy

## Is DBT right for me?

Make judgments or self-critical statements?

Tend to have low energy or difficulty getting motivated?

Struggle with relationships and communicating with family/friends?

Isolate, avoid, or procrastinate?

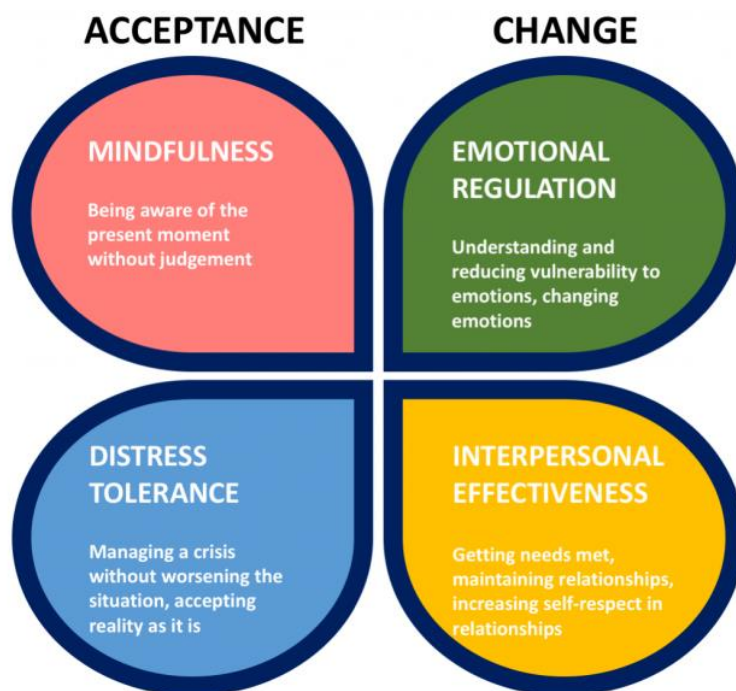
Self-harm, use substances, or have disordered eating?

Feel hopeless or experience suicidal thoughts or urges?

Have mood swings or your emotions seem out of control?

**If you answered “YES” to any of these questions, DBT may be right for you!**

## What you will learn:



**When is group?** *Middle School Thursdays 5:00-6:00 pm*

*High school Mondays 7:15-8:15 pm*

**Where: Virtual on Zoom**

**For more info or to sign up:** email Bri Keller at [briannak@reflectivewellness.org](mailto:briannak@reflectivewellness.org) or call 720-507-8742