

Feeling Stuck?

DBT Group can help



Pretending to be ok when we are not is exhausting and lonely. Our **Trauma-focused Dialectical Behavior Therapy (DBT) Group** teaches effective stress coping strategies while improving communication skills and building positive relationships with self and others. Our goal is to help group members decrease emotional reactivity and make sense of trauma triggers so we can get un-stuck and stop pretending everything is fine.

We all get stuck, it's ok to say you're not ok.

The DBT Group is held on **Wednesdays from 4:00pm-5:00pm** at the Recovery Outreach Center (1175 E. 300 N. Provo). Enrollment is continuous and group will be taught on a 6-week curriculum. This group is for males and females ages **14-17 years old** who are open to services at Wasatch Mental Health. Please talk to your therapist about referring you to Sachi Briscoe, CMHC for this group.