

DBT

Adults 18+ | All Genders Welcome

SKILLS GROUP



Facilitated by:

Michelle Klear, LPC and
Halene Waytes, LPC

STARTING WEDNESDAY
MAY 1, 2019
5:30 - 7:00PM

**JOIN US FOR A 12-WEEK SERIES OF
PSYCHO-EDUCATION FOR LIVING
YOUR BEST LIFE!**

Perspectives Wellness Center
2200 Genoa Business Park Dr,

Ste 100

Brighton, MI 48114

In this group, you will gain skills in

- Mindfulness
- Distress Tolerance
- Emotional Regulation
- Interpersonal Effectiveness

FOR MORE INFORMATION, OR TO SIGN UP, PLEASE
CONTACT MICHELLE KLEAR, LPC AT 586-201-5350

COST IS \$85 PER SESSION PLUS ONE-TIME \$20 CASH SUPPLY FEE
PARTICIPANTS ENCOURAGED TO CHECK HEALTH INSURANCE BENEFITS TO
SEE IF GROUP THERAPY IS A COVERED SERVICE