wholehearted
HEALING COLLECTIVE

Adult DBT-Informed Skills Group

Tuesdays 6:00 PM	Virtual Weekly	8 Week Group

Our Adult DBT Group Offers:

Mindfulness
fosters self-awareness, balance, and present-moment focus

Distress Tolerance
handle crises and intense emotions without reacting impulsively

Emotional Regulation
skills to understand, manage, and balance emotions effectively

Interpersonal Effectiveness
build assertiveness, improve communication, and boundary setting

Interested? Contact us to get started!

(732) 852-7750
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*In-network with most major insurance plans!

Facilitator: Kayla Breeden
Licensed Associate Counselor