

Amberwing DBT Skills Refresher



WEDNESDAYS (3:15-4:15 PM)

Module 1

Mindfulness: August 1

Interpersonal Effectiveness: August 8,
15 & 22

Module 2

Mindfulness: August 29

Distress Tolerance: Sept. 5, 12 & 19

Module 3

Mindfulness: September 26

Emotion Regulation: October 3, 10 & 17

This skills class enables you to continue to put the skills you learned during your stay at Amberwing into action in your life.

Requirements for Participation:

1. You are a graduate from Amberwing.
2. Your Amberwing Therapist recommended that you attend.
3. You are committed to using the class to enhance your learning and applying the skills to your life.
4. You are committed to Amberwing's policy of confidentiality.
5. You understand this is a class, not ongoing therapy.
6. You understand that our building closes at 4:20 pm. All rides home must pick up by that time.
7. You agree to have phones and other electronics off during the class.



amberwing

CENTER FOR YOUTH & FAMILY WELL-BEING

AMBERWING

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Duluth, MN 55811

Questions? Please call (218)355-2110 or email Amberwing@EssentiaHealth.org.