

Dialectical Behavior Therapy Education Program for Adult Caregivers and Community Members



Learn about the Dialectical Behavior Therapy (DBT) skills that are being taught at Amberwing in this 12-week program for parents, guardians, extended family and community members, **18 years and older**.

This class is offered virtually every week. See information below.

We recommend that Amberwing family members jump in as soon as able. Community members are encouraged to join at the beginning of any of the modules. This series will repeat every 12 weeks.

Mondays from 3-4 pm

Module 1

Mindfulness: May 18 (No class May 25)
Interpersonal Effectiveness: June 1, 8 & 15

Module 2

Mindfulness: June 22
Distress Tolerance: June 29, July 6 & July 13

Module 3

Mindfulness: July 20
Emotion Regulation: July 27, August 3 & 10

****Free for Amberwing adult family members and caregivers. No registration required.**

PLEASE call with email and we can send a Zoom link directly to you.

ZOOM LINK for Monday classes

Join Zoom Meeting

[https://essentia.zoom.us/j/91379326939?](https://essentia.zoom.us/j/91379326939?pwd=V0lNYmo1YitkWWlCbIVsTTdBU1BGdz09)
[pwd=V0lNYmo1YitkWWlCbIVsTTdBU1BGdz09](https://essentia.zoom.us/j/91379326939?pwd=V0lNYmo1YitkWWlCbIVsTTdBU1BGdz09)

Meeting ID: 913 7932 6939

Password: 763074

One tap mobile

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US (New York)

PLEASE call with email and we can send a Zoom link directly to you.



amberwing

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