

# Dialectical Behavior Therapy Coping Skills for Adult Caregivers and Community Members



Do you need some skills to cope with emotional or behavioral challenges in your life or in the lives of those who live with you?

Learn about the Dialectical Behavior Therapy (DBT) skills that are being taught at Amberwing and Essentia Health in this 6-week program for parents, guardians, extended family and community members, **18 years and older**.

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

This series will repeat every 6 weeks

**Mondays from 4-5 pm starting on January 4th and running each Monday afternoon through February 8th.**

**Learn skills such as PLEASE, Three Minds, Radical Acceptance and more. Check out video previews of these skills on Amberwing's website.**

**This class is free, thanks to the generous support from the Miller Dwan Foundation.**

## **ZOOM LINK for Monday classes**

**Join Zoom Meeting**

**[https://essentia.zoom.us/j/99199861673?](https://essentia.zoom.us/j/99199861673)**

**pwd=VDJUMnBESldMZGt5bGFXRFJkcEIJQT09**

**Meeting ID: 991 9986 1673**

**Password: 080795**

**PLEASE call 218-355-2110 to leave your email and we can send a Zoom link directly to you.**



*amberwing*

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Here with you



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