

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 program for parents, guardians, extended family and community members, **18 years and older**.

Starting Sept. 5th, this class is offered virtually and in person every week. See information below.

This class is offered virtually every Monday at 3:30 pm and offered in person every Wednesday at 3:15 pm.

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.

In person class is held at Amberwing
615 Pecan Avenue, Duluth, MN 55811.
No registration is required.

ZOOM LINK for Monday classes

Join Zoom Meeting
Meeting ID: 934 1479 2357

Password: 766161

PLEASE call 218-355-2100 to leave your email and we can send a Zoom link directly to you.



amberwing

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