

Dialectical Behavior Therapy Education Program for Family and Friends



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

This cyclical program is offered in three different groups, on Tuesdays or Wednesdays. The next cycle of classes starts July 31 and August 1 and continues weekly for 12 weeks. You can attend one or all of the modules.

TUESDAYS 8-9 AM & 5:30-6:30 PM

Module 1

Mindfulness: July 31

Interpersonal Effectiveness: August 7, 14 & 21

Module 2

Mindfulness: August 28

Distress Tolerance: September 4, 11 & 18

Module 3

Mindfulness: September 25

Emotion Regulation: October 2, 9 & 16

AMBERWING

615 Pecan Avenue, Duluth, MN
55811

COST

*\$60 per person for all 12 sessions (prepaid)

*Free for family of Amberwing youth

REGISTER

Call Amberwing at (218) 355-2110

WEDNESDAYS 3:15-4:15 PM

Module 1

Mindfulness: August 1

Interpersonal Effectiveness: August 8, 15 & 22

Module 2

Mindfulness: August 29

Distress Tolerance: September 5, 12 & 19

Module 3

Mindfulness: September 26

Emotion Regulation: October 3, 10 & 17



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