



DBT SKILLS GROUP

Learn, do creative art, play games, and more!

THURSDAYS 4:30-5:30 PM

COMPASS Family and Community Services

535 MARMION AVE (YOUNGSTOWN OFFICE)

held in the Group Room

- Develop skills through dialectical behavioral therapy for emotional regulation, distress tolerance, interpersonal effectiveness, and mindfulness
- Connect with others and have fun!
- If interested, email jknauf@compassfamily.org or call 330-782-5664
- Supplies provided

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