

MWR COUNSELING

# DBT ADAPTED SKILLS GROUP

Feeling overwhelmed and constantly struggling with your emotions? Join a skills group where you can learn a variety of skills to assist you in managing your own emotions, and becoming more effective in your interpersonal relationships. This group will focus on learning and practicing evidence based skills in Mindfulness, Distress Tolerance, Emotional Regulation, and Interpersonal Effectiveness.

This group will meet for 22 weeks. Cost per meeting is \$20. Attendance policy and payment will be discussed at registration.

Facilitated by Carrie Wilbert (she/her), CRC, tLMHC and Laren Garrett (she/her), BA  
Counseling Intern

**THURSDAYS, 3:00 TO  
4:30 PM**

**JOIN ON JULY 8, AUGUST 26, OR OCTOBER 7**

Please email [carriewilbert@mwrccounseling.com](mailto:carriewilbert@mwrccounseling.com) or call 319-250-1267 to register, or to answer any questions.