

MWR COUNSELING

# 2021 DBT ADAPTED SKILLS GROUP

Feeling overwhelmed and constantly struggling with your emotions? Join a skills group where you can learn a variety of skills, including Mindfulness, Distress Tolerance, Emotional Regulation, and Interpersonal Effectiveness.

This group will meet for 19 weeks. Cost per meeting is \$20, or \$340 for a prepaid bundle. Payment for the first session is due at time of registration.

All sessions will be in person at 1811 Boyson Rd., Suite A, Hiawatha, IA.

This group is open to adults only.

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

**THURSDAYS, 5:00 TO  
6:30 PM**

**REGISTER TO JOIN AT ANY TIME. NEW  
MEMBERS WILL BE ADDED IN GROUPS OF  
FOUR.**

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