



**CENTER FOR DIALECTICAL &  
COGNITIVE BEHAVIORAL THERAPIES**

# **DBT 5 WEEK SUMMER SKILLS TRAINING GROUPS**

## Summer 2017 Schedule

### **Summer 1:**

- **DISTRESS TOLERANCE-Wednesdays 9:30-11AM**
  - May 30- June 27
- **MINDFULNESS -Mondays 9:30-11AM**
  - June 5-July 3

### **Summer 2:**

- **EMOTION REGULATION-Mondays 9:30-11AM**
  - July 17- August 14
- **INTERPERSONAL EFFECTIVENESS- Wednesdays 9:30-11AM**
  - July 19- August 16

**Are you home from  
college or going to  
college in the Fall?**

**Struggling with regulating  
emotions?**

**Wondering how you are  
going to manage with  
that new roommate?**

**Need a skills refresher?**

**Have five weeks?**

**Attend the module(s) you  
need most or join us for  
all 4!**

**Cost: \$65 per group**

**CDCBT  
319 E. Mulberry Ave, San  
Antonio Texas 78212**

**210.508.2026**