DBT SKills workshop series

This four-week workshop series will introduce participants to the basic tenets of Dialectical Behavioral Therapy (DBT) skills that improve emotional and interpersonal health. Skills taught include:

- mindfulness - Oct. 25
- regulation of emotions - Nov. 1
- distress tolerance - Nov. 8
- interpersonal effectiveness - Nov. 15

Come to one or all four!

Fridays 1-2pm  
Dalton 25

Workshop facilitators:
Reggie Jones (she/her) & Katherine Evering-Rowe (she/her)

Questions: agarcia2@brynmawr.edu