



DELTA BEHAVIORAL HEALTH
DBT SKILLS GROUP
Distress Tolerance

JUNE 1, 2020

6PM TO 730PM

COST: \$20 PER SESSION

CLASSES MEET WEEKLY – WITH SOME SCHEDULED BREAKS WILL RUN TILL AUGUST 2020

LEARN SKILLS OF MINDFULNESS, AND SKILLS TO TOLERATE DISTRESS SO YOU DON'T MAKE YOUR LIFE WORSE.

CLASSES WILL BEGIN AS TELEHEALTH GROUP AND WILL BE PRESENTED ON ZOOM!!

**1606 PHYSICIAN'S DRIVE STE 104
WILMINGTON NC 28401**

FOR MORE INFORMATION, CONTACT: ANDREA HISER AND/OR JOHN MCINTRYE @ 910-343-6890