

DASI INVITES YOU TO JOIN OUR



DASI
Domestic Abuse & Sexual
Assault Intervention Services

DIALECTICAL BEHAVIOR THERAPY SKILLS GROUP

For managing emotions related to trauma and developing helpful coping skills

Skills Covered:

- Mindfulness
- Distress Tolerance
- Emotion Regulation
- Interpersonal Effectiveness

Tuesday Nights from 6:00 PM- 7:30 PM
Starting October 29th, 2019

For more information, please contact Mariah Springer at
973-579-2386 ext. 235