

St. Joseph's Behavioral Health Center presents

DBT Skills Process Group

Thursdays
5 - 7 p.m.



Located in

St. Joseph's Behavioral Health's Outpatient Center

510 E. Magnolia St., Stockton

Supportive Process Groups

Supportive Process groups are designed to help patients incorporate DBT into their daily lives. A pre-requisite is that the participants have a fundamental knowledge of DBT and a willingness to try to apply the skills in their lives. Patients are assigned to the group most appropriately suited to their needs based on severity and type of symptoms.

Call **209.938.0831** to sign up!

Cost: \$40/session*

*Private insurance or private pay accepted



Dignity Health[™]

St. Joseph's Behavioral
Health Center

StJosephsCanHelp.org