

St. Joseph's Behavioral Health Center presents

DBT Skills Training Group

(DBT 101)

Tuesdays
5 - 7 p.m.



Located in

St. Joseph's Behavioral Health's Outpatient Center

510 E. Magnolia St, Stockton

Skills taught include:

- Core Mindfulness
- Interpersonal Effectiveness
- Emotion Regulation
- Distress Tolerance

Call **209.938.0831** to register for the group

Cost: \$40/session*

*Private insurance or private pay accepted



Dignity Health[™]

St. Joseph's Behavioral
Health Center

StJosephsCanHelp.org