

Calling All High School Girls!

Want to learn about yourself and how to handle distressing situations and emotions using healthy coping mechanisms?

We are excited to offer a series of Saturday workshops where you can learn life skills while having fun!

These workshops are led by DBT-informed professional counselors. Nervous about coming? Bring a friend!

It's going to be ...

FIRE!

AMAZING!

A little more info...

This group is based on the skills taught in Dialectical Behavior Therapy or DBT. The core skills include the categories of Interpersonal Effectiveness (communication skills and relationships), Emotion Regulation (healthy habits and skills to prevent uncontrolled emotions), and Distress Tolerance (coping mechanisms to deal with overwhelming situations and emotions). Mindfulness is also a core skill that we teach alongside all of these skills because without the awareness that mindfulness brings, the other skills are not helpful. It's like the first three categories are the legs of a three-legged stool and Mindfulness is the seat. None of these were meant to stand alone, but work together to form a firm foundation of healthy connections to yourself and to others.

Workshops are from 9 am to 5 pm. Cost is \$175/day. Lunch provided.

Call 314.649.0624 to reserve a spot today!

Fall Dates 2019

September 21—Distress Tolerance
October 19—Emotion Regulation
November 16— Interpersonal Skills

Spring Dates 2020

January 18—Distress Tolerance
February 15—Emotion Regulation
March 21—Interpersonal Skills