

DBT SKILLS GROUP

MONDAYS 11:30AM-12:30PM

CPC CONFERENCE ROOM

Coping Skills Helpful for ANYONE

Please, talk to your therapist if you are interested or email Jon Tinniswood at JTinniswood@cpcmemhis.net

Learn DBT Skills

Mindfulness

Emotion Regulation

Improve Social
Connections

\$45 per
group

