



Banner
University Medicine

Life Skills Group

*A DBT Approach
for a Meaningful Life*

Topics include:

- Mindfulness
- Distress tolerance
- Emotional regulation
- Problem solving
- Addiction
- Social media
- Relationships
- Building a satisfying life

**Everyone has the
potential to thrive!**



**Open to Women of all ages
Led by a Licensed Therapist**

Tuesdays, 9-11 a.m.

Location

Banner's Whole
Health Clinic
535 N. Wilmot Rd. #201

Facilitator

Laura Neely, LCSW



*Scan the QR code to
visit our website*