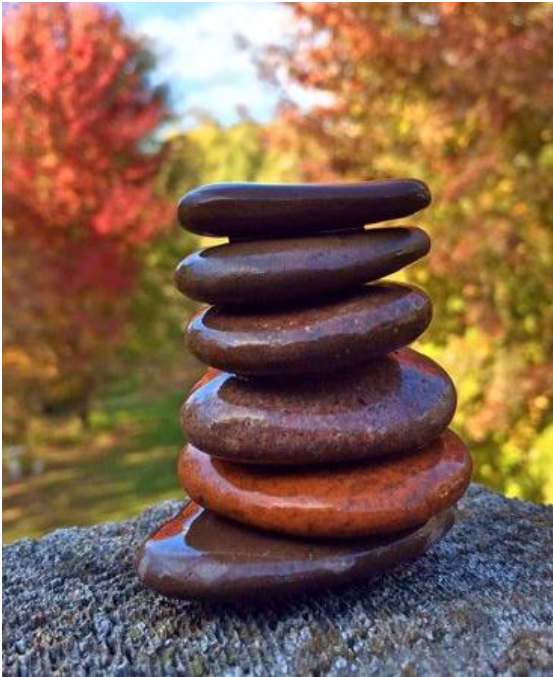


# Dialectical Behavior Therapy-Based Skills Group



Thursday 1:30 – 3:00.  
Rolling admission dates.

Ellis Human Development Institute  
9 N Edwin C. Moses Blvd.  
Dayton, OH 45402

**Facilitators:** Wendy Dragon, PhD and  
Amanda Wallace, BA

\*Please call the Ellis Institute at  
**(937) 775-4300** to schedule a screening  
appointment.

\*CareSource accepted

## Skills Taught:

- Mindfulness
- Distress Tolerance
- Interpersonal Effectiveness
- Emotion Regulation

## Learning Objectives:

- Learn to manage extreme emotions
- Stop sabotaging your success
- Let go of problem thoughts
- Learn to get your needs met in relationships
- Learn to care for yourself and your emotions
- Develop the ability to maintain healthy relationships