



# DBT SKILLS GROUP

*at SKB Therapy*

Learn practical tools to manage emotions, reduce stress, improve relationships, and build a life that feels more balanced and meaningful.

Focus areas include mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness.

WEDNESDAYS

TEENS 5 PM | ADULTS 6 PM

16 WEEKS BEGINNING JANUARY 2026

Text, call, or email to register.

(970) 239-1377 | [info@skbtherapy.com](mailto:info@skbtherapy.com)

Most insurance accepted. Space is limited.

*Led by Ali Ryan, Ph.D.*