

# Young Adult DBT Skills Group For People Ages 18-35

These life management skills are good for all people, but are especially beneficial for those who struggle to: stay in the present moment, manage interpersonal conflict, manage big feelings, and manage impulses.

---

This group is offered quarterly, and is available to residents of Wisconsin and Minnesota. **Screening required. Sliding fee available.**

---

Members of this 10-week Dialectical Behavior Therapy (DBT) group will learn skills from each of the DBT modules:

- CORE MINDFULNESS
- EMOTION REGULATION
- INTERPERSONAL EFFECTIVENESS
- DISTRESS TOLERANCE

Using DBT skills can help you have a **NOTICEABLE IMPROVEMENT** in **WELL-BEING & FUNCTIONING.**

*Sentier*  
psychotherapy

Group led by Andrea Schroeder, MS, LPC, LPCC  
Contact [aschroeder@sentiertherapy.com](mailto:aschroeder@sentiertherapy.com) for more information.