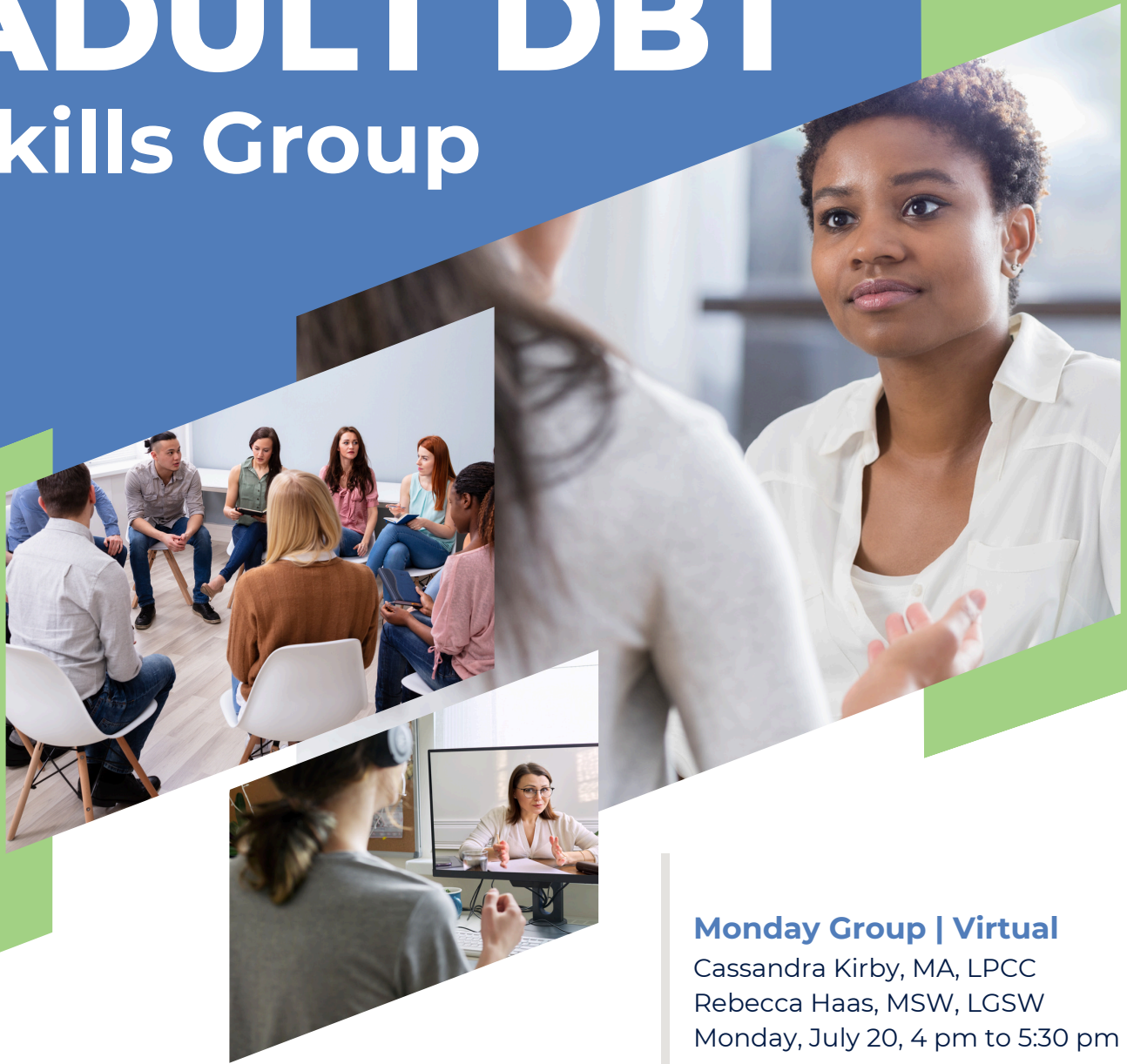


ADULT DBT Skills Group



DBT Skills Group are not a regular psychotherapy group but focused on education of core skills to allow the client to live a more functional, healthy life. This service is provided in conjunction with the client's individual therapist. Having an individual therapist is a requirement of enrolling in the DBT Skills Group. If you have any questions or are interested in this service, please talk to your provider or review our website page by scanning the QR code below.

CMMHC's DBT Program is not certified by the MN Department of Human Services.

Monday Group | Virtual

Cassandra Kirby, MA, LPCC
Rebecca Haas, MSW, LGSW
Monday, July 20, 4 pm to 5:30 pm

Adapted Group | Virtual

Nicki Olson, MA, LMFT
Tuesday, July 21, 10 am to 11:30 am

Please note: Each group has one week off during the module.

