

DBT SKILLS

Dialectical Behavior Therapy (DBT) is an evidence-based therapy that can be used for teens grades 7 - 12 who have intense reactions that feel impossible to resist - whether due to stress, anger, or other unwanted and unhelpful emotions

DO YOU STRUGGLE WITH ANYTHING BELOW?

- Anger
- Depression
- Negative Thinking
- Anxiety
- Indecision
- Stress
- Guilt
- Loneliness
- Lack of Connection

CLASS INFORMATION:

This is a 12 - week course held Tuesday nights
6:00 - 8:00 PM
starting April 7, 2026.

Class is held at the Jordan Family Education Center

319 W 11000 S
South Jordan, UT 84095

Learn distress tolerance, emotional regulation, interpersonal effectiveness and mindfulness techniques.

CALL 801-565-7442 TO REGISTER