

DBT Skills Class

Dialectical Behavior Therapy (DBT) is an evidence-based therapy that can be used for teens grades 9-12 who have intense reactions that feel impossible to resist— whether due to stress, anger, or other unwanted, unhelpful emotions.

Do you struggle with:

Anger

Depression

Negative Thinking

Anxiety

Indecision

Stress

Guilt

Loneliness

Lack of Connection?

Call 801-565-7442 to register for a 12-week class at the Jordan Family Education Center starting Tuesday, April 5, 2022 from 6:00-8:00 pm
Learn distress tolerance, emotion regulation, interpersonal effectiveness, and mindfulness techniques

Jordan Family Education Center: 319 11000 S #103, South Jordan, UT 84095
(801) 565-7442