

Family Therapy Associates LLC

1120 Oakridge Dr, Eau Claire, WI 54701

715-246-4840

DBT Group

Facilitators: Leah Nightingale MS, LPC, ATR | Mia McKeown, MSW, APSW

Focus

- Skill Development on
 - Regulating emotions
 - Tolerating distress
 - Implementing mindfulness techniques
 - Building effective interpersonal skills
- Exploring negative thinking patterns that escalate distress
- Practicing Self-Care



Group Details

When: In-person Mondays, 5:00pm-6:00pm

Starting: Mid-June

Ages: 12-17

This is an open group! New members can join at the start of the next module.

Start Date: June 16, 2025



Call to register: 715-246-4840

Many insurances accepted | Cash options available