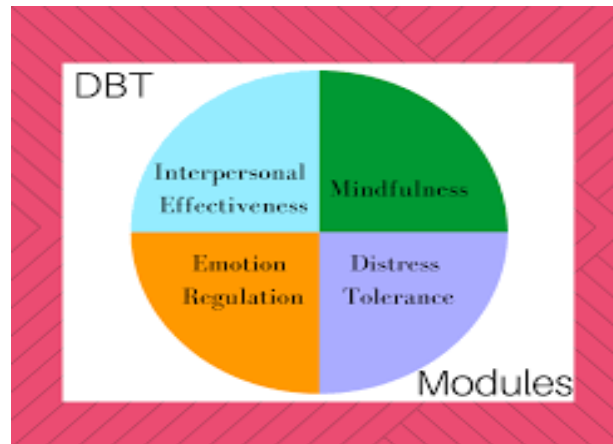


# FAMILY

## THERAPY ASSOCIATES, LLC

1120 Oak Ridge Dr. Eau Claire WI 54701  
715-246-4840  
www.ftacounseling.com

### Dialectical Behavioral Therapy Group (DBT)



**Thursdays beginning November 4, 2021**  
**12:00 to 1:00 pm Ages 18 and older**  
**Where: Family Therapy Associates**  
**1120 Oak Ridge Dr.**  
**Eau Claire WI 54701**

#### **Treatment Focus:**

- Develop skills to effectively regulate emotions
- Learn to tolerate distress
- Discover mindfulness techniques
- Develop skills in interpersonal communication
- Understand negative thinking patterns that escalate anger and lead to emotional overload
- Address issues related to self-injury and relationship damaging behavior
- Practice skill in self-care

This group is available to all CCS clients. Cash options are available as well.

**\*\*Please call 715-246-4840 to register\*\***