

The Auburn-Davis Center for Dialectical Behavior Therapy

Schedule of Teen/Parent Groups for DBT Skills Training Starting 1/3/2017

Davis Teen Groups are Tuesdays 5:30pm to 7:00pm

January	3	10	17					Mindfulness/Middle Path (3)
Jan.Feb	24	31	7	14	21	28		Interpersonal Effective. (6)
March	7	14						Mindfulness/Orientation (2)
Mar/Apr	21	28	4	11	18			Distress Tolerance (5)
Apr/May	25	2						Mindfulness/Orientation (2)
May/June	9	16	23	30	6	13	20	Emotion Reg. (7)
Jun/July	27	11	18					Mindfulness/Middle Path (3)
Jul/Aug	25	1	8	15	22	29		Interpersonal Effective. (6)
Sept.	5	12						Mindfulness/Orientation (2)
Sept/Oct	19	26	3	10	17			Distress Tolerance (5)
Oct	24	31						Mindfulness/Orientation (2)
Nov/Dec	7	14	21	28	5	12		Emotion Reg. (6)
Jan. 2018	2	9	16					Mindfulness/Middle Path (3)

There will be no group July 4, Dec. 19 and Dec. 26.

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