

DBT Skills Group

with Dori Lyon

**This Drop-in Group Meets
Every Thursday
10:30 am to 12 pm**

**@ CBH 12th Street Office
486 12th St, Astoria, OR 97146**

Dialectical Behavior Therapy (DBT) Skills Group seeks to help individuals wanting to learn to manage emotional distress, interpersonal effectiveness, impulsivity, coping, and related issues, such as trauma, depression, anxiety, substance use, and BPD.

For free registration or inquiries, please contact:

**Dori Lyon, LPC - (971) 704-4071 or
doril@clatsophb.org**

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Everyone is welcome.

