



# DBT GROUP

## MODULES OFFERED:

### **DISTRESS TOLERANCE:**

- managing crisis situations and difficult events
- learn how not to make a stressful situation even worse

### **EMOTION REGULATION:**

- managing emotions more effectively by learning about their purpose and function
- strategies on how to regulate emotions

### **INTERPERSONAL EFFECTIVENESS:**

- strengthening and building valuable relationships
- increasing effective social skills

ALL MODULES BEGIN WITH MINDFULNESS TO  
LEARN NECESSARY CORE SKILLS

Group info: 8-10 weeks per module  
2 hours per session

Where: in-person and via telehealth

Please contact us for availability, more information, or to enroll  
541-687-6983

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