Save The Date

TUESDAY

12 JANUARY, 2027

In-Person at our Westminster Office location



Topics Addressed:

- Intense Emotions
- Emotional Lability
- Interpersonal Chaos
- Self-Destructive Behaviors

We Are Here to Help:

This is A six-week long one-hour educational class in the evening focused on teaching concrete behavioral skills to help individuals regulate intense emotions and manage distress.

Skills Taught:

- Mindfulness
- Distress Tolerance
- Emotion Regulation
- Interpersonal Effectiveness

VitalCare COUNSELING

JOIN OUR GROUP

DBT

DIALECTICAL BEHAVIOR THERAPY

A support and skills group for adults seeking practical tools to help manage intense emotions

Details

ADULTS AGES 18+ WHO ARE EXPERIENCING EMOTIONAL DYSREGULATION	Who
TUESDAYS AT 7PM	When
A 6-WEEK GROUP JANUARY 12th 2027 - FEBRUARY 16TH 2027	What
1400 W 122nd Ave, Suite 140, Westminster, CO 80234,	Where
PRIVATE PAY: $35/SESSION PRIVATE INSURANCES: AETNA, ANTHEM, UNITED (COPAYS & DEDUCTIBLES WILL APPLY) MEDICAID	Price

REGISTER NOW

Use the QR code or link to register. Select "**New Counseling Client**" and **"DBT Group"** as the reason for visit.

Email: Counseling@vitalcare.us with any questions!

Link to Register