

Do you want to learn how to:

- focus your mind so that you can be more aware of how to reduce pain and increase happiness?
- change emotions that you want to change?
- tolerate emotional pain in difficult situations you can't change?
- ask for what you want or say no while maintaining self-respect and preserving your important relationships?

...if so,
please join us for

WISE MIND:

A DBT Skills Training Group

Fall Quarter 2015 Schedule

Week 4 (10/23/15) to Week 9 (12/4/15)

6 Fridays from 1:30pm to 3pm (No Meeting on 11/27/15)

CAPS Central Office, Serenity Room, 190 Galbraith Hall

***For more information or to join,**

please contact either of the group facilitators:

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