

Do you want to learn how to:

- focus your mind so that you can be more aware of how to reduce suffering 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, join

WISE MIND:

A DBT Skills Training Group

Winter Quarter 2016 Schedule

Week 3 (1/22/16) to Week 10 (3/11/16)

7 Fridays from Noon to 1:30 pm

(No Meeting on 2/19/16)

***For more information or to join,
please contact either of the group facilitators:
Ginger Villareal Armas, PhD, 858-534-3456
Roberto Luna, PsyD, 858-534-0255**