



DBT Skills Group

Age 18+

WHO LEADS IT?



Jessica Endres, PhD, LPC, NCC

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www.redoaktherapy.com

WHAT IS IT?

A low cost, virtual weekly group to teach coping skills to manage your emotions, tolerate distress, communicate effectively, and be more present in your life.

HOW IS IT SET UP?

Each module focuses on a different set of DBT skills. Each module is 6 sessions long. There are 6 total modules that can be taken in any order. The group size is limited to 6 people and is a closed group once the module begins. Held on Sunday afternoons.

HOW TO JOIN IT:

- 1) Email Jessica that you are interested in joining OR do the contact form on the website.
- 2) Pay to reserve your spot for the next available module.

Cost: \$150 for all 6 sessions