

Just Be You!

LGBTQIA+ focused Group Counseling

Starting June 2023!

Mondays, 5-6:30 pm
Downtown Youth Center
QBLC

REGISTER NOW!

Topics will include:

- Building Self-Esteem
- Navigation Emotions
- Self-Acceptance
- Grief & Loss
- Healthy Relationships



Presented by:



SOUTHWEST
CENTER™



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DBT SKILLS GROUP

DIALECTICAL BEHAVIORAL THERAPY

**MINDFULNESS | INTERPERSONAL EFFECTIVENESS
EMOTIONAL REGULATION | DISTRESS TOLERANCE**

Looking to connect with others who are seeking mental health support? The DBT Skills Group is an opportunity to learn important mental health skills and create community. This 16-week support group is open to current Southwest Center clients. Limited space is available. A waitlist is available once space is full.

Starting July 13, 2023

Thursdays from 4:30 PM - 6:30 PM

Located at the Southwest Center

Closed Group for Southwest Center Patients

For Registration and Questions:

Daniel McCluer at dmccluer@swcenter.org

