

Would you like more skills for managing your emotions?

Do you need strategies for caring for or
relating to challenging people in your life?

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If someone you love:

- is very emotionally intense and sensitive;
- has Alzheimer's Disease, cancer, or other debilitating illness;
- has a mental health diagnosis like depression, borderline personality disorder, conduct disorder, schizophrenia, eating disorders, anxiety/panic disorder;
- AND you want support in working with them effectively

*....a DBT Family & Friends Skills Group
may be for you.*

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Dialectical Behavior Therapy (DBT) Family & Friends Skills Group teaches ways to:

- Manage emotions
- Improve communication
- Get through a crisis without making things worse
- Approach life's difficulties with increased *ACCEPTANCE*, *COMPASSION*, and *FREEDOM*

Time: Mondays from 6 -7:30 pm for 6 months

**Place: Behavioral Research and Therapy Clinics
(BRTC) on the University of Washington campus**

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For more information, contact the BRTC at:

206-543-3765

www.depts.washington.edu/brtc