Would you like more skills for managing your emotions?

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

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.

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 6:00 -7:30 pm for 6 months

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

For more information, contact the BRTC at:

**206-543-3765**

[www.depts.washington.edu/brtc](http://www.depts.washington.edu/brtc)