



Building DBT Skills

2240 Sandy Plains Rd.
Building 13, Suite 400
Marietta, GA 30102

**Sundays 3
pm- 4pm**

Ages 13-16

CONTACT US AT (770)896-2659

This group is designed to help individuals primarily struggling with personality disorders (i.e. borderline personality) and it teaches individuals to change behavior patterns that are detrimental to daily functioning. Individuals are taught to manage emotions and unhealthy thinking by identifying personal triggers. This can be a dynamic and challenging group; yet, research suggests it is a very effective therapeutic approach to help individuals facing such difficulties.