



BE MORE JOYFUL

RESPOND WITH FLEXIBILITY

FEEL MORE CONNECTED



RADICALLY OPEN DBT CLASS FOR TEENS

- Do you avoid taking risks or speaking up, especially in social situations?
- Are your relationships somewhat distant?
- Are you overly cautious?
- Despite your success, do you feel like you don't truly belong anywhere?
- Are you an over thinker that tends to internalize your emotions?

Come explore how to put joy back in your life. Learn concrete skills to loosen up your temperament (the way you are wired) so it works for you and not against you. These skills are particularly helpful with perfectionism, social signaling, overwhelm, loneliness, internalized anxiety or depression. Come hear about skills to change your old patterns and habits, learn how to enhance relationships and reduce self-criticism to open up possibilities in life and meet your goals.

REGISTRATION DETAILS



When: Wednesdays, 5-6 pm for 20 weeks
(Rolling enrollment, may start at anytime there is a space in class)

Cost: \$55/class. Most insurance accepted
Parent Fee: \$45/\$65 (for 2) per class



For questions or to enroll in this class contact:
Erin Driskill, LCSW at 503-208-3101
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Space is limited, register today!

