

ONLINE DBT SKILLS CLASS

Now Offering:
Spanish and English
speaking classes
Adult classes
Teen classes
Parent classes

ABOUT OUR DBT CLASS



- Village Counseling and Wellness provides this program to partner with you to help clients who are in need of more support than just traditional talk therapy right now. In addition to the benefits to the client, this program also provides support to therapists with clients participating in classes.

IN OUR DBT CLASS, YOUR CLIENT WILL LEARN HOW TO:

- Manage stress effectively.
- Increase their ability to manage uncomfortable feelings.
- Communicate directly and speak their “truth.” Improve relationship skills and ability to connect with others.
- Build skills needed to create long-term stability and safety in their life.

Please contact us at 818-238-9895 or email us at info@villagecounselingandwellness.com, for a FREE consultation!

**[WWW.VILLAGECOUNSELING
ANDWELLNESS.COM](http://WWW.VILLAGECOUNSELINGANDWELLNESS.COM)**