

# Intro DBT Skills Group

Dialectical Behavior Therapy



Want to be less reactive in your relationships? Feeling emotionally overwhelmed or angry? This course will teach you practical tools and strategies to improve your relationships with others and with yourself. You will learn how to react to challenging situations in more effective ways and how to maintain balance in your life

Address: 1465 Coburg Rd, Eugene,  
OR 97401

May 5th– June 23rd  
Thursdays 4:00–5:30pm  
\$5–\$40 per class, sliding scale  
To register or for more information



541.344.0620



info@ccceugene.org

Scan the QR  
code or go to  
ccceugene.org  
for more  
information



Center for  
Community  
Counseling

**Instructed by:**

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**Supervised by Gene Obersinner, LCSW L4680**