



DBT Group for Parents & Adults

Group meets virtually on Saturdays from
9 AM - 10:30 AM starting September 24, 2022.

Our Dialectical Behavioral Therapy group is intended for
parents and adults who:

- Have difficulty managing intense emotions
- Struggle in relationships
- Engage in unhealthy coping behaviors
- Are ready to learn skills to manage their emotions
- Are ready to learn how to not act impulsively
- Want to have healthier relationships

To register:
www.malafamily.org
(734)335-0330

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DBT Specialist

