



TRI-COUNTY
MENTAL HEALTH SERVICES

Please Join us for DBT

Come see what it's all about!

Fridays, 9am - 11:30am
Beginning March 1st, 2013
@ TCMHS
144 High St., Farmington, ME

DBT (Dialectical Behavior Therapy) focuses on enhancing your motivation to change. It teaches skills that: improve abilities to be mindful, help tolerate distress, increase interpersonal effectiveness and improve abilities to regulate and manage emotions.

*For more information, please contact
Theresa Phillips or Brent Laflin at 778-3556*