

Coyote Coast
Orinda, CA

**Dialectical Behavioral Therapy
Skills Group Offered**

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Coyote Coast is offering a new Dialectical Behavioral Therapy Skills building group. This skills group training will help participants to learn and refine their ability to improve behavioral, emotional and thinking patterns associated with difficulties in daily living that cause a significant distress.

Participants will be provided with tools to decrease impulsiveness and improve interpersonal effectiveness emotional regulation and distress tolerance.

This group is open to young men and women ages 16-19.

This group will be facilitated by Sarah Wiebe, LMFT and Stuart Brotman, ASW.

This weekly group will be held at the our offices in Orinda, California and is limited to six members maximum. Please note, we will work in close collaboration with individual therapists supplementing existing therapeutic work.

Please contact Sarah Wiebe, LMFT to schedule and intake appointment.