ESSENDON
PRIVATE CLINIC
Melbourne's Inner North-West Mental Health Hosp

Dialectical Behavioural Therapy (DBT)

Group Day Program

Join our 16 week skills-based DBT Outpatient Program at EPC!

Learn skills to better cope with life!

We'll be covering the 4 key topics:

- Mindfulness - learn to be present and engaged in the current moment
- Emotional Regulation - learn strategies to manage and express emotions effectively
- Interpersonal Effectiveness - improve communication and relationship skills
- Distress Tolerance - learn to tolerate distressing emotions without becoming overwhelmed

When: Thursdays weekly 9:00am - 2:30pm

Duration: 16 weeks

Facilitator: Wendy - Psychologist

Cost: Covered by Private Health Insurance

Catered lunch provided.
Limited spaces available.

Phone Number:
(03) 9337 9577

Location:
35 Rosehill Rd Essendon West VIC 3040

Open for referrals now - email epcoutpatients@machealth.com.au