



SKILLS & CHILL




Learn DBT skills with a focus on mindfulness, distress tolerance, emotional regulation and social skills

June 1 - July 31

9 weekly sessions







Most medicaid and insurances accepted

CONTACT

 Your school based therapist

 sbmhs@allhealthnetwork.org

LOCATIONS:

-  *Southwood*
61 West Davies Ave
-  *Highlands Ranch*
200 Plaza Dr Suite 200
-  *Parker*
9235 Crown Crest Blvd Suite 250
-  *Castle Rock*
2356 Meadows Blvd Suite 230B
-  *Inverness*
155 Inverness Dr W Suite 100
-  Virtual Option

