



Enriching Life with DBT Skills

A skill-building summer group for young women

institute for *girls'* development[®]

Wednesdays, June 12 - July 31
Eight-week summer group
4pm - 5:15pm

\$90 per session

Ask about insurance forms when you call.
Accommodations can be made for some
vacation absences.

This summer, enjoy support, camaraderie, and an opportunity to build important life skills!

This 8-week group is designed to teach skills based on highly effective dialectical behavior therapy (DBT) - including mindfulness, emotional regulation, interpersonal effectiveness and distress tolerance.

It's for young women ages 18 - 26 in individual therapy who don't need the comprehensive DBT program but would benefit from learning some empowering DBT skills.

Join us and enjoy the camaraderie of a group of your peers - building skills together to help with this exciting stage of life!

Facilitator Monica Valdivia Aguilar, MA, LMFT 41352

Clinical Director of the DBT Program / Director of the Young Women's Program

Monica has significant experience working with college-age young adults, graduate students, and early career professionals. Using a relational, collaborative and strength-based approach, she integrates DBT (Dialectical Behavioral Therapy) tools to help clients build skills and confidence - so they're ready to navigate through the challenges this stage of life can bring.



To learn more, contact Maryanne Mueller at MMueller@IFGD.care or 626-585-8075 ext 108.