



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.