

Maribel Sharing Hope

# Now Enrolling: Adult DBT Skills Group

Our DBT Skills Group helps adults learn practical tools for managing emotions, improving relationships, and building a life worth living.

Open sessions: **July 15<sup>th</sup> - July 22<sup>nd</sup>**  
Closed Group Begins: July 22<sup>nd</sup>

**Wednesdays 6-7:30pm**

**In person**

**\$55/session**

Register now on our website  
[www.maribelsharinghope.com](http://www.maribelsharinghope.com)

or email

[natalie@riseupmhw.com](mailto:natalie@riseupmhw.com)

to reserve your spot!

