



**If you are age 18-27, come to our 8-week ADULT(ING) CIRCLE** – a short-term workshop that incorporates the principles and techniques of Dialectical Behavior Therapy (DBT). DBT is a practical, evidence-based treatment that teaches skills for approaching emotional struggles in a non-judgmental and effective way. You'll leave with increased (self-)understanding, tips to improve your relationships, a toolbox of skills for managing future challenges, and the knowledge that you're not the only one struggling with adulting.

*Our next group will begin in **March**. If you are interested in joining, contact Mia Tootill at [miatootill@gmail.com](mailto:miatootill@gmail.com) or 914-359-2188 for further information.*



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