



DEPRESSION

SUICIDAL

FEAR

DISTRESSED

ANXIETY

CONFLICT

*Do you struggle with intense
feelings like these?*

➔ If you answered yes, DBT may be right for you... it will teach you skills that can make your daily life a little brighter and a lot more manageable. Mt. Logan Clinic is starting a group for adults over the age of 18 who meet regularly with a therapist but also want to incorporate additional tools and training into their every day life.

Wednesdays 5:45 – 7:00PM
Led by Kyle Hancock, PhD

Mt. Logan Clinic at 435-750-6300
VARIOUS INSURANCES ACCEPTED
Cash price: \$40 per group meeting