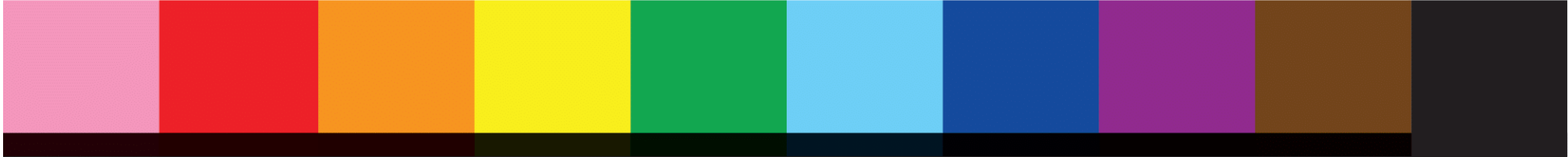


Feeling overwhelmed or emotionally out of control?
Feel like you are about to break from the pressures of life? If so,



DON'T BREAK

THRIVE!



Don't Break. THRIVE! at Stonewall is a group open to individuals interested in developing coping strategies for intense emotions. Throughout the 10 week cohort, participants will learn and process new skills that can be used in everyday life. Don't Break. THRIVE! is a psychoeducation skills group based in Dialectical Behavior Therapy (DBT).

THIS PROGRAM IS OPEN TO THE LGBTQ+ AND ALLY COMMUNITIES.

THIS **FREE** PROGRAM TEACHES SKILLS
TO HELP PUT **YOU** IN CONTROL OF
YOUR LIFE!

SCAN ME!



FOR MORE INFORMATION VISIT
STONEWALLCOLUMBUS.ORG/DBT

DBT@STONEWALLCOLUMBUS.ORG • 614-407-0838

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COLUMBUS**

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