

Tender Hearts in a Painful World

A DBT Skills Group

This group is specifically designed for motivated women 19 years of age and over who are struggling to manage painful emotions (Borderline Personality traits or any similar disorders) and are willing to meet for individual therapy weekly for the duration of the group.

In this group you will

- Learn to improve your interpersonal effectiveness.
- Learn to regulate painful emotions.
- Learn to tolerate distress.
- Learn additional DBT skills.
- Receive Christian support, fellowship, and accountability.

Still not sure if this group is right for you? Ask yourself the following:

- Have I been struggling to experience Christ's peace?
- Are my feelings easily hurt?
- Do I often feel overwhelmed by my emotions?
- Do I tend to act out my hurt and angry feelings in ways I later regret?
- Have these problems interfered with my relationships and/or quality of life?

If you answered yes to most of these questions, please join us.

- Dates:** Wednesdays, beginning September 2, 2009
Time: 5:30 p.m. — 7:00 p.m.
Therapist: Carol Davis-Serpas, L.C.P.C.
Fee: \$50 per session (reduced fee available to those who qualify)
Place: Meier Clinics, 2100 Manchester Rd., Ste 1510, Wheaton, IL

Register for this new group by calling **(630) 653-1717** or **(800) 848-8872**

www.meierclinics.org



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