

Where are you?

**HERE!**

What time is it?

**NOW!**

What are you?

**THIS MOMENT!**

MONDAYS STARTING 9/11/17

# DBT SKILLS

4:15-5PM @ STUDENT HEALTH SERVICES  
CLASS ROOM

## DBT SKILLS CLASS

Interested in learning new skills to manage anxiety, depression or relationship problems? DBT Skills class is focused on teaching people skills they can use in everyday living that allow them to feel more mindful, more in control of their emotions, and have better relationships and coping skills when under extreme pressure. Come and join in on having a life worth living!



**No**  
Registration Required  
Just DROP IN  
For more info  
E-mail [Jdyer@wustl.edu](mailto:Jdyer@wustl.edu)