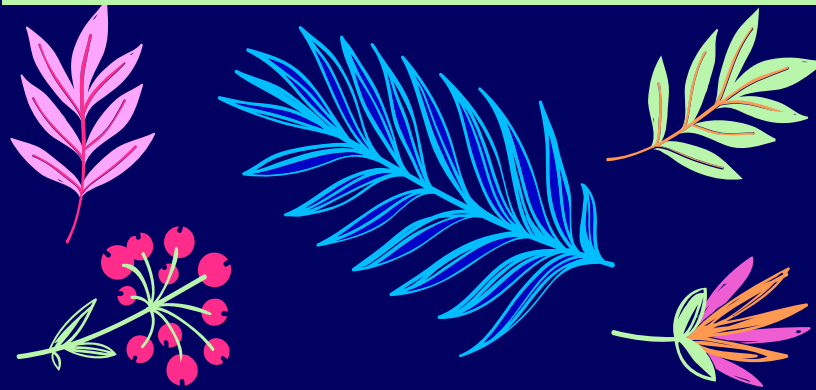


Finding My Balance



- **A Dialectic Behavior Therapy Group for Adults aged 18-30** •

Beginning Tuesday 10/24 at 7pm via zoom

- **Cost: \$70 per session or \$500 for 8 sessions** •
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- **Learning skills to manage distress and live a more balanced life** •

Contact Julia Merchant at
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