



Banner  
University Medicine

# Life Skills Group

*A DBT Approach  
for a Meaningful Life*

## Topics include:

- Mindfulness
- Distress tolerance
- Emotional regulation
- Problem solving
- Addiction
- Social media
- Relationships
- Building a satisfying life

***Everyone has the  
potential to thrive!***



**Open to people of all ages.  
Led by a Licensed Therapist**

**Tuesdays, 1-3 p.m.**

## Location

Banner's Whole  
Health Clinic  
535 N. Wilmot Rd. #201

## Facilitator

Jeff Dixon, LCSW



*Scan the QR code to  
visit our website*