



Power Skills

* Harness the power of your stressors. DBT Skills group for people 17 years old and older is starting at Blue Door on April 11. Thursdays, 3:30 - 5: 6 week commitment, \$120 (\$20 per session). Call us if you, or someone you know, can benefit from learning skills that have been proven to be effective. Call 520-388-9180 for more information, or send a note to Info@BlueDoorPsychotherapy.com

April 11, 2019—May 16, 2019

3:30 to 5 p.m.

Blue Door Psychotherapy

5929 E Pima Street, Tucson, AZ 85712

Sign up by emailing Info@BlueDoorPsychotherapy.com

Or for more information call 520-388-9180

