



Guilford Counseling, PLLC

Comprehensive DBT and other Evidence-Based Treatment

DBT Groups

The **ONLY** team of **CERTIFIED**
and **INTENSIVELY**
trained DBT therapists
in the Triad!

DBT Skills Graduate Group

Mondays 530 -7 pm

Ages 17 and up; mixed gender

For those who have successfully completed 1 year of DBT Skills Group and would like on-going support and community

DBT Friends and Family Skills

Tuesdays 530 -7pm

Ages 17 and older; mixed gender

Provide education, skills, and support for friends and family of those in comprehensive DBT

DBT Adolescent Skills Group

Wednesdays 530-7pm

Ages 12-17; mixed gender

DBT Adolescent Skills Group

Wednesdays 730-9pm

Ages 12-17; mixed gender; additional focus on social skills

DBT Skills Group

Thursdays 530-7pm

Ages 17 and older; mixed gender

DBT Skills Group

Saturdays 1030-12

Ages 17 and older; female-identifying only

Call now to get
signed up today!
****Please note that
you **MUST** have
a scheduled
orientation **BEFORE**
joining group...
thank you for
understanding that
walk-ins cannot
be accepted**

GC

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