

Empowerment 101

Finding Your Inner Power

Do you need support?

Are you struggling with feeling overwhelmed?

Difficulty managing relationships in your life?

Does it feel like you're just going through the motions?

**Take back your Power
& learn from one another**

in this interactive
Dialectical Behavior Therapy (DBT)
group at CAPS!

Group Information

When: Mondays 1:00pm-2:00pm

Start date TBD based on interest

Where: CAPS 182 High St.

Contact: Christi Craig, LCSW or

Brea Rivera, MS at

860.465.0181