CALMING THE STORM WITHIN

“Calming the Storm Within” is a group inspired by Dialectical Behavior Therapy (DBT) skills and is designed for students who struggle in a variety of areas. Topics include Mindfulness Skills, Interpersonal Effectiveness, Emotion Regulation, and Distress Tolerance.

Group Information
• When: Tuesdays - Time TBD based on student availability
  • Where: Virtually (WebEx)
  • Who: 6-10 students
• 10-12 Weekly sessions tentatively starting September 14th, 2021

CONTACT INFORMATION: Christi Craig, LCSW and Patrick Ciardullo, BA (860) 465-0181