

DATES FOR 2023

MONDAYS & TUESDAYS 5:00-6:30 P.M.

SPRING/SUMMER SECTION:

Mondays in May 8, 15, & 22

Tuesdays in June 6, 13, 20, & 27

Tuesdays in July 11, 18, & 25

Tuesdays in August 1, 8, 15, & 22

STRUCTURE AND COST

This group will involve facilitated meetings that will be billed to insurance. If you do not have insurance, please contact the facilitator and arrangements can be made for your participation.

INTAKE

Each member will participate in an intake session to help facilitators better tailor homework and activities for participants.

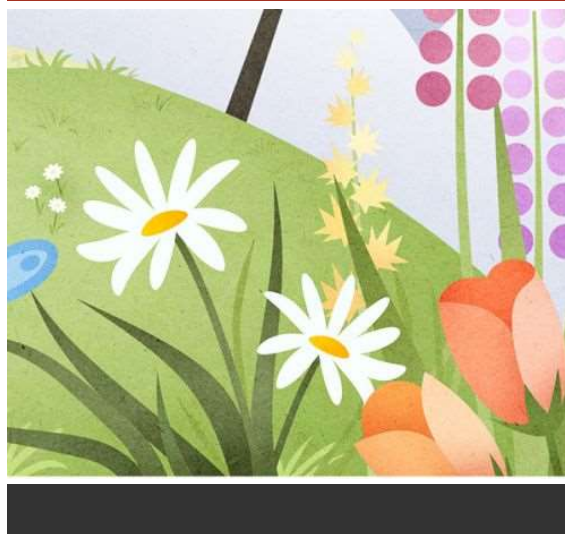
HOMEWORK

At the end of each facilitated session, participants will receive specific homework to practice/complete for the next group.

INTERESTED ?

Contact Melissa Nichols, MA, LMFT at FACC 952-475-2818, ext.1010 or [Melissa@familyattachment.com](mailto:Melissa@familyattachment.com)

Family Attachment and Counseling Center  
102 North Chestnut Street  
Chaska, MN 55318



Purpose & Contentment

Today's life is filled with incredible struggles. How does one find contentment, peace, and even joy amidst uncertainty, loss, and isolation? This group focuses on learning skills to embrace contentment through the implementation of connection, acceptance, balance, and forgiveness.

Therapeutic tools of Dialectical Behavioral Therapy—learning behavioral skills of mindfulness, distress tolerance, interpersonal effectiveness, and emotional regulation will be used in addition to others.

Prayer is a key component to this group. However, it is not necessary to have a faith or religious affiliation to join this group. We strive to make prayer a practice in honesty and keep our eyes focused on the concept of the Healing Power—a God of love.

# Dialectical Behavioral Group with prayer & therapeutic skills

FAMILY ATTACHMENT AND COUNSELING CENTER

