



FALL 2024

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**DIALECTICAL  
BEHAVIORAL  
GROUP WITH  
PRAYER &  
THERAPEUTIC  
SKILLS**

FAMILY ATTACHMENT AND COUNSELING  
CENTER

## **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, and emotional regulation will be used in addition to others.

Prayer is a key component to this group. We strive to make prayer a practice in honesty and keep our eyes focused on the Healing Power—a God of love.

## **DATES & TIME**

**TUESDAYS**  
**5:00-6:30 p.m.**

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**SEPT. 3, 10, 17, 24**  
**OCT. 1, 8, 15, 29**  
**NOV. 5, 12, & 19**

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**To register, contact:**  
**Melissa Nichols, MA, LMFT**  
**[melissa@familyattachment.com](mailto:melissa@familyattachment.com)**  
**or 952-475-2818, extension 1010**