

DATES FOR 2025

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

**FALL SECTION:**

September 9, 16, 23, & 30

October 7, 14, 21, & 28

November 4, 11, & 18

December 2, 9, 16, & 30

January 6, 13, & 20

**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.

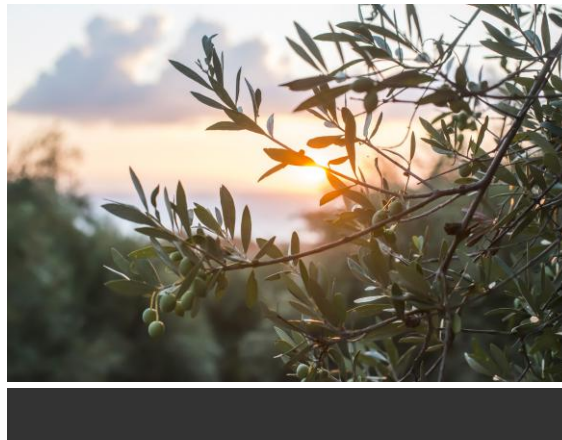
**HOMEWORK**

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

**INTERESTED?**

Contact Jeff Nordrum at FACC 952-234-4638 or [Jeff@familyattachment.com](mailto:Jeff@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

