

SHARING TEMPLE COUNSELING LLC

CREATE A LIFE WORTH LIVING

A VIRTUAL DBT SKILLS GROUP FOR
ADULTS (21+)

Join us to learn real-life tools for handling tough emotions, staying calm, and improving your relationships. We'll cover DBT skills to help you create your life worth living, all in a supportive, judgment-free space where you can practice and grow together. Create A Life Worth Living is led by a Behavioral Tech-trained clinician.

TOGETHER WE WILL LEARN

- **Mindfulness**

paying attention to the present moment on purpose, without judging it.

- **Distress Tolerance**

handling tough or painful situations without making things worse.

- **Emotion Regulation**

understanding and managing your feelings so they don't control you.

- **Interpersonal effectiveness**

knowing how to ask for what you need, say no, and build healthy relationships while respecting yourself and others.



Alexandra Esposito, music therapist & LAC

**WEDNESDAY & FRIDAY,
12 PM, STARTING
9/17/2025**

**NEW SECTIONS STARTING
EVERY 4 WEEKS**

Interested? Contact us today!

☎ [+\(609\) 200-5598](tel:+16092005598)

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***We accept most major insurances!**

***Sliding scale rates optional**