



National Alliance on Mental Illness

NAMI Pasco County

Dialectical Behavior Therapy

NAMI Pasco **FREE** Education Class

Date: **Monday, January 5, 2015**

Time: 6:00 p.m. to 7:30 p.m.

Location: NAMI Pasco's office at:
6480 Land O' Lakes Blvd.,
and O' Lakes, FL. (Jallo Plaza)

Complimentary Refreshments!

*distress
tolerance*

mindfulness

**“Improving Social and
Global Functioning”
in the Brain.**

*emotional
regulation*

*interpersonal
relations*

Susan Sisson, NCC, LMHC will lead a
discussion on how DBT is used in the
community and its effectiveness.

NAMI PASCO COUNTY

For more about NAMI Pasco please visit us
at www.namipasco.org or call or call (727)
992-9653. A 501(c)3 All donations are tax
deductible

RSVP appreciated but not required. Please
contact us at <http://namipasco.org/contact/>