



FINDING ME, FINDING BALANCE: DBT GROUP FOR EMERGING ADULTS

Thursdays from 5pm-6pm

\$75 per group

This group is tailored to emerging adults (ages 18-25) who are navigating the complexities of emotions, relationships, and self-growth. Using Dialectical Behavior Therapy (DBT), participants will gain practical tools for emotional and social well-being. DBT is an evidence-based therapeutic approach that combines cognitive-behavioral techniques with mindfulness strategies to increase emotion regulation, distress tolerance, and interpersonal effectiveness. This group will focus on themes in emerging adulthood such as clarifying values, self-soothing practices, de-escalating conflict, and managing impulsivity.

Connect with others in a confidential and judgment-free space facilitated by a licensed therapist specializing in DBT. Participants of all genders and sexualities are welcome.

**For more information,
please contact Leah Weingast, LMSW, MA at:
weingastleah@gmail.com or (470) 737-0875.**



Leah Weingast
LMSW, MA

Leah Weingast, LMSW, MA is a Licensed Master Social Worker and holds a Master of Arts degree in Clinical Psychology. She specializes in treating emotion dysregulation, traumatic stress, anxiety and mood disorders, and borderline personality disorder. Leah also brings a nuanced understanding and deep commitment to the LGBTQIA+ community to her work. She uses creative and practical approaches to help clients build their own therapeutic toolkits from evidence-based treatments. Her experience includes over eight years of neuroscience and clinical psychology research at hospitals, universities, and non-profit organizations. She had intensive training in Dialectical Behavior Therapy at a residential mental health facility and has facilitated numerous therapeutic and mindfulness groups including DBT skills, interpersonal effectiveness, anxiety management, and social skills.



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