



## FINDING ME, FINDING BALANCE: DBT GROUP FOR EMERGING ADULTS

THURSDAYS | 6PM-7PM

\$75 PER GROUP

**Finding Me, Finding Balance: DBT Group for Emerging Adults** is tailored for adults, ages 18-25, who are navigating the complexities of emotions, relationships, and personal 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 focuses on themes in emerging adulthood such as clarifying core values, practicing self-soothing exercises, de-escalating conflict, and managing impulsivity. Connect with others in a confidential, judgement-free space facilitated by a licensed therapist specializing in DBT. Participants of all genders and sexual orientations are welcome.

**FOR MORE INFORMATION, PLEASE CONTACT LEAH WEINGAST:  
[WEINGASTLEAH@GMAIL.COM](mailto:WEINGASTLEAH@GMAIL.COM) OR [470.737.0875](tel:470.737.0875)**



LEAH WEINGAST, MA, LMSW

Leah Weingast is a licensed master social worker and holds a Master of Arts in Clinical Psychology with a focus on emotion regulation. Her therapeutic approach integrates evidence-based and holistic methods, such as Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), Cognitive Processing Therapy (CPT), mindfulness practices, and somatic techniques, to provide clients with a comprehensive toolkit for healing.

Leah's services for adolescents and adults include both individual and family therapy. She specializes in mood and anxiety disorders, borderline personality disorder, LGBTQIA+ identity, Post-Traumatic Stress Disorder (PTSD), and neurodiversity.



6100 Lake Forrest Dr., Suite 450  
Atlanta, GA 30328

[404.343.4162](tel:404.343.4162)

[www.atlantacenterforwellness.com](http://www.atlantacenterforwellness.com)