



FINDING ME, FINDING BALANCE: DBT GROUP

THURSDAYS | 6PM-7PM

\$75 PER GROUP

Finding Me, Finding Balance: DBT Group is tailored for adults 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 like 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:
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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.



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