

RUTGERS

University Behavioral
Health Care

NAMI Middlesex County

in collaboration with

Intensive Family Support Services of Middlesex County (IFSS)

invites you to attend

Dialectical Behavior Therapy Skills Training Series for Families

This is a 6-week training series offered to families whose loved ones with mental illness have already learned or are in the process of learning DBT skills. You will learn specific skills related to mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness, as well as ways you can support your loved one's recovery.

Sessions will take place via Zoom on the following Tuesdays from 6:00 PM to 7:00 PM:

January 25

February 1

February 15

February 22

March 1

March 8

This training series is FREE, but you must be able to commit to attending all 6 sessions.

Presented by:

Michael Brown, Mental Health Clinician at Rutgers UBHC

Licensed Clinical Drug & Alcohol Counselor

Certified Traumatologist

Diplomate-American Academy of Experts in Traumatic Stress

Register in advance for this training series at:

<https://rutgers.zoom.us/meeting/register/tJYrd-uuqzwpGdQTwB5-G0aBcCyQmLH9Kkuq>

After registering, you will receive a confirmation email containing information about joining the meeting. Please do not hesitate to call IFSS at 732-235-6184, or NAMI Middlesex at 732-745-0709, if you have questions or need additional assistance.

