

The background is white with a central red rectangle. Several stylized hands in shades of orange and yellow are reaching towards the center from the corners. Some hands are holding red hearts. Small red dots are scattered around the hands.

DIALECTICAL BEHAVIOR THERAPY

# DBT SKILLS GROUP

Spaces Available for  
9th-12th Graders

STARTING SEPTEMBER 2023

## THURSDAYS

4:45PM-  
5:45PM

Silber Psychological  
Services (Raleigh)

Contact:

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