



SHORELINE  
PSYCHOLOGICAL

# PARENT / PARTNER SKILLS GROUP

## Participants will learn how to:

- Help approach their loved one with acceptance & compassion.
- Learn how their loved ones are applying DBT skills to their own struggles.
- Improve their own coping abilities.
- Effectively manage crises as they arise.
- Enhance their relationship with a loved one who is currently enrolled in DBT.



**Register today or reach out with questions by calling 203-779-5490 or emailing [contactus@shorelinepsychological.com](mailto:contactus@shorelinepsychological.com).**