

Yes, you can feel better.



Learn more about TIPS:
A Dialectical Behavior Therapy Group

TIPS = Techniques In Personal Skills

TIPS Group meets once a week
Tuesdays at 3pm

Are you struggling with relationships or overwhelmed by emotions?

- You will learn strategies to accept your life circumstances, emotions, and yourself.
- You will learn skills to strengthen current relationships and to build new relationships.



Do you have difficulty managing impulses and making good decisions?

- You will learn to analyze problems or destructive behavior patterns and replace them with more healthy and effective ones.
- You will learn new skills to find your inner wisdom and to tolerate distress.



Could you use some support from others with similar experiences?

- You will learn to communicate effectively and work together as a team.
- You will be encouraged to recognize your positive strengths and attributes and develop and use them.



To make a referral, please send an email with subject line "TIPS Group" to outpatientpsyrefs@rbha.org with individual's name and contact information and complete the referral module in profiler.

We believe every person *deserves* a chance to have a secure, happy, and fulfilling life. That's why *we're here*.