

Pain is inevitable.
**We don't
 minimize
 it here.**

We learn how to sit with pain, move through it skillfully, and still build a life worth living.

A DBT skills group for people who think deeply, feel deeply, and want better ways to navigate emotional pain and relationship difficulties.

Thursday
6:30 pm
 5309 18th Ave

Join today!
929.525.2647
 pneuwirth@pesachtikvah.org



A supportive, compassionate space to learn how to:

Regulate intense emotions without shutting down or becoming overwhelmed

Reduce rumination and emotional spirals

Communicate more clearly and effectively in relationships while responding thoughtfully instead of reacting impulsively

Increase positive experiences and meaningful moments in everyday life

Under the executive leadership of Yerachmiel Stern, LCSW

