



**7 WEEK GROUP
MAY 2ND - JUNE 13TH**

**WEDNESDAYS,
6:00-7:30PM**

**COST: \$30/PER
SESSION**

LOCATION

The Refuge Center for
Counseling

103 Forrest Crossing
Blvd
Ste 102
Franklin, TN 37064



The Refuge Center
FOR COUNSELING

TOOLS FOR DAILY EMOTIONAL HEALTH

A DBT-INFORMED THERAPY GROUP

Are you struggling with feelings that overwhelm you?

Do you have a hard time managing your emotional rollercoaster?

Learn tools for mindfulness, coping with difficult emotions, and communication in relationships. This group is perfect for:

- Practicing useful coping skills
- Enhancing individual therapy to achieve more stability & well-being
- Gaining support & accountability from others struggling with emotional health

For more information or to
register, contact Hannah
Owens, LCSW:

hannah.owens@therefugecenter.org

or

615-669-4425