

DBT

SKILLS GROUP



Build mental strength, emotional balance, and resilience

Hosted by **Daybreak Counseling**, this group offers practical DBT skills that can be used on their own or alongside individual therapy. Led by Sarah McGee (LACMH) and Mack Smith (LACMH).

Group Details

Start Date: August 10, 2026

Time: 6:00–7:30 PM

Location: 525 Polly Drummond Hill Rd, Newark, DE 19711

Duration: 8 weekly sessions

Cost: Private pay – \$15 per session

Contact: Sarah McGee (LACMH)

Phone: 302-450-5380

Email: smcgee@daybreakcounseling.org

Web: <https://daybreakcounseling.org/>

About DBT Skills

Dialectical Behavior Therapy (DBT) provides evidence-based tools to help people manage emotions, improve relationships, and handle stress with greater confidence and stability.

Skills Covered

- **Distress Tolerance** — get through overwhelming moments without making things worse.
- **Emotion Regulation** — understand emotional patterns and respond more effectively.
- **Interpersonal Effectiveness** — communicate clearly, set boundaries, and maintain healthy relationships.
- **Mindfulness** — build present-moment awareness, clarity, and calm.

This group is ideal for adults who:

- Are seeking practical tools for emotional balance
- Want to improve communication and relationship skills
- Need strategies for coping with stress or intense emotions, like anxiety or anger
- Would like additional support alongside individual therapy