

Support Group

DBT Friends and Family

DBT Friends and Family is a support group for individuals who have a loved one that is participating in DBT treatment. We understand that the DBT concepts and skills are foreign to you and that your loved one's behaviors, thoughts, and/or feelings may be confusing. We believe that you have a desire to help facilitate positive change.

The goal of DBT Friends and Family is two-fold:

1. We seek to support you and connect you with others who understand this stress
2. We seek teach you core DBT skills and concepts so that you can relate and help your loved one

DBT Friends and Family groups are quarterly on Saturday mornings from 10-12pm in the Fairfield or Anderson Office. Each meeting will cover a DBT topic and also allow time for you to ask specific questions. Groups are led by members of the Compass Point DBT treatment team.



Cost for the DBT Friends and Family support group is \$25/group. Please note that support groups are not billable to your insurance company. You must RSVP at least 4 days in advance (call 939-0300 to RSVP). The schedule for classes is available online at www.cpcs.me (counseling services tab, current groups)

Please contact us about this support group if your: spouse, child, sibling, friend, etc. is/has been in DBT treatment and you need support!