



DBT of SOUTH JERSEY

Fast Facts

DBT Basics for Families

Formerly "Family Support Group"



What is it?

DBT Basics is a free educational workshop for families that covers:

- the main tenants & skills of DBT
- ways to be more understanding of mental health issues
- specific skills that you can use to help you be more effective your relationships

Who It's For:

- Any Adult is welcome to attend this workshop, whether you know someone receiving services at DBT of South Jersey or not.

Why Family Support Group?

- Improvements in the family can lead to better outcomes for the individual (we are humans and need people!)
- Families often want to do better, they just don't know how.
- Research shows that interventions with families improve patient outcomes AND family well being, and education like FSG is a great place to start!

When, Where & Who, Cost:

- Schedule is released via social media! Follow us here: [@dbtofsouthjersey_](https://www.instagram.com/dbtofsouthjersey_)
- Virtually via Zoom. Sign up here: [DBT Basics for Families](#)
- DBT of South Jersey Intern Staff
- FREE!