

YOUNG ADULT ASD GROUP

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A DBT GROUP FOR YOUNG ADULTS WITH AUTISM SPECTRUM
DISORDER, RELATIONSHIP CHALLENGES, IDENTITY CONCERNS
AND/OR ANXIETY & DEPRESSION

GROUPS HELP TO BUILD CONFIDENCE WHILE REDUCING
DEPRESSION, ANXIETY & ADDING PERSPECTIVE ABOUT LIFE

DBT GROUP INCORPORATES CBT, DBT, AND MINDFULNESS
SKILLS FOR BUILDING CONFIDENCE, SOCIAL CONFIDENCE, AND
EMOTIONAL REGULATION SKILLS