Do you feel like your emotions just take over? Does it seem like you go from one extreme to the other? Is it hard to keep friendships and relationships? If so, you may feel like you are tied up in knots. You can use your M.I.N.D. to get untangled by attending an informal Dialectical Behavior Therapy (DBT) group focused on developing skills of:

- Mindfulness
- Interpersonal skills
- Not freaking out (emotional regulation), and
- Distress Tolerance

**Goals:** Learn how to get a grip, be more in control of your emotions and **DO** life instead of letting life happen to you.

**When:** Wednesdays, 4:00 pm – 5:30 pm

**Where:** Dublin office
299 Cramer Creek Ct. • Dublin, OH 43017

**Registration:**
- NEW to Syntero? An assessment will need to be completed, contact Intake
- EXISTING Syntero client? Discuss with your current therapist. A group referral will be made to Jenn Henefeld, who will contact you with additional info.
- Payment may be sliding fee, insurance, Medicaid or self-pay. Check with your provider for coverage information

**SYNTERO LOCATIONS:**
- Dublin: 299 Cramer Creek Ct. • Dublin, OH 43017
- Mill Run: 3645 Ridge Mill Dr. • Columbus, OH 43026
- Lewis Center: 7100 Graphics Way, Ste. 3100 • Lewis Center, OH 43035
- Northeast: 3433 Agler Rd., Ste. 2000 • Columbus, OH 43219
- Syntero Intake Department: 614-889-5722 ext. 133

www.syntero.org