

BE YOURSELF. *Be Accepted.*

PRIDE DBT: AFFIRMING CARE FOR LGBTQIA+ ADULTS

Pride: DBT for LGBTQIA+ Adults is a supportive, affirming program for LGBTQIA+ folks who want real tools for managing emotions, handling stress, and improving relationships. Through skills-based DBT groups, participants learn practical strategies for everyday life—all in a space where identities are respected, understood, and celebrated.

- 3 days a week
- 9am - 12 pm
- Meets in Edina



**SCHEDULE AN
INTAKE**



LEARN MORE!

952-835-2002
www.MHS-DBT.com