

# University Health and Counseling Services

## Wise Minds

A skills-focused DBT counseling group



In a small group, students will learn specific skills to more effectively **manage emotions** and control impulsive behavior in response to stress. They will also learn how to **improve relationship stability** and boundary identification and become more comfortable **living in the present moment**.



**Tuesdays 2 - 2:50 pm @ Counseling Center**

**Feb 20 - April 16, 2024**

(8 weeks with a pause for Spring Break)

*To sign up for the group or learn more:*

**262-472-1305 or [uhcs@uww.edu](mailto:uhcs@uww.edu)**