



# Counseling Associates

## Living Fully Group

A therapeutic DBT skills group for adults seeking to manage intense emotions and improve relationships. Leave every session with a new strategy to practice!

### **WEDNESDAY IN-PERSON**

LOCATED AT 2 BUCK RD STE J HANOVER, NH 03755

**1:00PM-2:30PM**

# 1

### **MONDAY EVENING**

VIA ZOOM

**4:00PM - 5:00PM**

# 2

### **TUESDAY MORNING**

VIA ZOOM

**9:30AM - 11:00AM**

# 3

**SCAN  
ME**



Register online using the QR code  
or call our office at 603-865-1321

[www.ca-mh.com](http://www.ca-mh.com)