

DBT SKILLS TRAINING GROUP

Distress Tolerance Module

January 7 – February 25, 2026

Wednesdays • 4:00–5:30 PM

Moore Life Counseling • 4090 Westown Pkwy, STE E, West Des Moines

Strengthen coping skills, reduce impulsive behaviors, and learn practical tools to navigate emotional overwhelm.

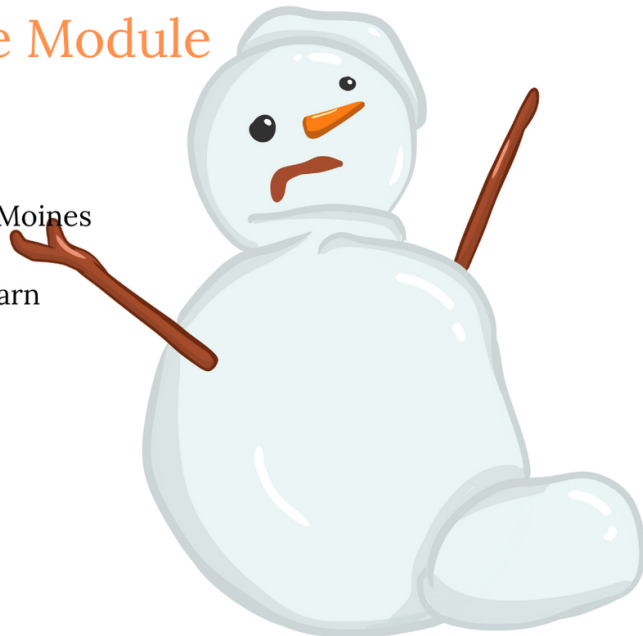
In this 8-week module, participants learn:

- Crisis survival strategies
- Reality acceptance skills
- Grounding + self-regulation tools

To Register:

Moore Life Counseling • 515-240-1910 • cheryl@moorelifecc.com

**MOORE LIFE
COUNSELING**
BECAUSE THERE'S MORE TO LIFE



\$75 per session

Insurance accepted:

BCBS • Midland's Choice (Cigna, UMR,
Health Partners) • UHC • Medicaid • Iowa
Total Care • Wellpoint • Molina