



Struggling with Intense Emotions?

Join our **Emotion Regulation Module** as part of **DBT Group Skills Training!**

What You'll Learn:

- **Understand and manage your emotions
- **Reduce emotional vulnerability
- **Increase positive experiences
- **Strengthen resilience and self-control

Limited spots available! Contact us today to enroll and start your journey toward emotional balance.

DBT skills group for adults (18+) will take place in person at:

Moore Life Counseling and Coaching

4090 Westown Pkwy, Unit 5
West Des Moines, IA 50266

Your facilitator: Cheryl Moore, LMHC, NCC

Schedule

Wednesdays from 4-6 pm

August 20-October 8, 2025

\$70 per session

We accept BCBS, Midlands Choice or UHC insurance

Moore Life 
Counseling & Coaching