



Santa Clara
County



invites you
to experience

DBT Skills Training

with

Elisabeth Bellows M.D.



demonstration from

4 MODULES

- emotion regulation
- distress tolerance
- interpersonal effectiveness
- mindfulness

Tuesday
February 28, 2017
4:00 - 5:00 p.m.
NAMI SCC Office
1150 S. Bascom Ave,
San Jose 95128