Interested in learning new skills to manage anxiety, depression, or relationship problems?

The Spring DBT Fellowship is a weekly class where we focus on increasing mindfulness, managing stress, and having better relationships.

This group requires a weekly commitment. For questions and to sign up, and you must email Jessica Dyer, MSW, LCSW at jdyer@wustl.edu to sign up.

**FRIDAYS, 2:15-3:45 PM**
**WEEKLY**
**JAN. 24 - APR. 24**
**DUC 236**