Doing Better Today

DBT Masterclass - Spring 2021

A Masterclass offering skills & strategies to manage anxiety, depression, and relationship problems. Offered via Zoom. Available for students wherever they currently reside.

Increase focus. Decrease stress. Strengthen connections.

OPTION 1: Fridays, 10:15 am – 11:45am
OPTION 2: Fridays, 1:15pm - 2:45pm
Facilitated by Nina Chastain, MSW, LCSW
and Missy Showalter, MSW, LCSW

DBT Masterclass begins February 5, 2021.

Email Nina Chastain at antonina@wustl.edu or Missy Showalter at m.showal@wustl.edu for more information and to get the Zoom link.