



NAMI Whatcom Presents:

DBT SKILLS TRAINING

Join NAMI Whatcom in an extensive, free, DBT Skills Workshop.

There will be 4-10 Week modules. Module 1 will start April 10th and will meet every Monday on Zoom for 10 weeks from 5:00-6:30 pm

Follow the modules all the way through to gain the most from this workshop!


The four modules:

Mindfulness

Emotion Regulation

Interpersonal Effectiveness

Distress Tolerance



This workshop will be taught by RN Nat Latos. Nat Latos is a registered nurse who has worked in the mental health field in a variety of settings. He developed and implemented an emotional resilience curriculum for children living on the Ft. Peck reservation in Montana. He was trained in DBT at Behavior Tech and has helped lead variety of groups in community health including DBT and art therapy.



spots are limited!

REGISTER TODAY:
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