



Toolbox: *Building a Life Worth Living*

A Therapeutic Skills Webinar Series
Thursdays 4:30-5:30pm on Zoom

Based on skills from Dialectical Behavior Therapy



We'll start off our series by building a foundation with **Mindfulness** skills

After this, we'll start establishing our shelter from the storm with **Distress Tolerance**



Emotion Regulation skills tie things together to help us feel at home in our own heads

We'll end with **Interpersonal Effectiveness** skills to better connect with your community



Find out more: www.YouthEastsideServices.org/Toolbox

Presented by **Youth Eastside Services** in partnership with the
Lake Washington School District

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