



**BLUEPRINT  
MENTAL HEALTH**  
*Designers of a Better Tomorrow*

***Imagine you are  
on an airplane,  
getting ready for  
takeoff...***

*8-week*

# **DBT SUMMER SERIES**

When reviewing the emergency plan, there are specific instructions that if the oxygen masks drop down, apply your mask first before helping a child.

The reason is that ***you can't help your child if you can't breathe.***

The same is true when your child is struggling with depression or anxiety.

Mindfulness

## **DBT Skills Training for Parents & Caregivers**

Distress  
Tolerance

Emotion  
Regulation

Thursdays 7 - 8 p.m.  
beginning July 13

Middle  
Path

Interpersonal  
Effectiveness

### **What is DBT?**

DBT, or Dialectical Behavioral Therapy, is a skills-based therapy that helps individuals struggling with anxiety, depression, bipolar disorder, borderline personality disorder, and other mental health issues cope with stressors, regulate emotions, and improve relationships.

### **CONTACT**

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