Graceville Centre

24 week program

Change your mindset with DBT

Manage stress and get a control of your emotions

DBT (Dialectical Behaviour Therapy) is a proven approach that helps people achieve emotional stability, decrease stress.

- $25 a week for a weekly group skills session, individual session and access to a 24/7 phone line to practice skills when you need it the most
- 24 week program
- Evidence-based approach
- Long lasting results
- Supportive environment with highly trained professionals
- Skill development based approach

Feel like the old 'you' again

"Thank you for an experience that has changed my life beyond measure."

Next session starting in MONTH.

Register your interest at intake@lutheranservices.org.au

5 Sydney St, Nambour Qld 4560
e. graceville@lutheranservices.org.au | w. lutheranservices.org.au

Lutheran Services
Mental Health

Lutheran Church of Australia Queensland District