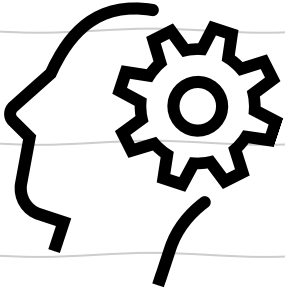
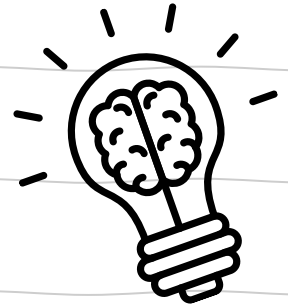


Alta California Elementary Gifted STEAM Magnet

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D.B.T Skills Parent Workshop



- Learn DBT skills that help you regulate your emotions, improve your relationships and withstand times of distress without impulsivity. These skills take practice to incorporate into your daily life. They work like a muscle, building up strength with practice over time.

- **Interpersonal Effectiveness**
- **Mindfulness**
- **Emotional Regulation**
- **Distress Tolerance**

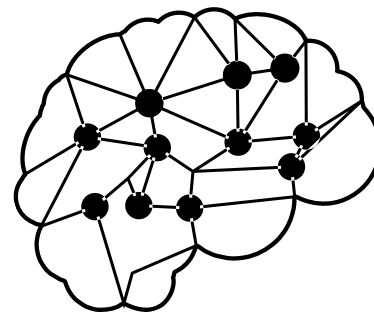
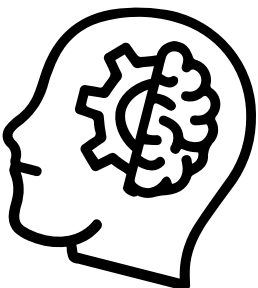


Dates: Every Wed, starting March 29th-end of school year.

Time: 11:10am-12:10am

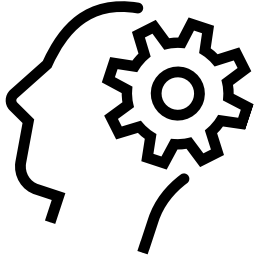
Location: Parent Center

Presenter: Daniel Calderon, LCSW



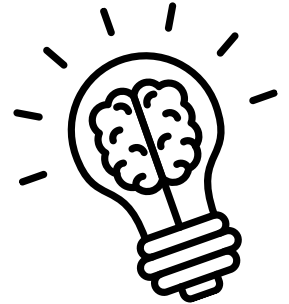
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D.B.T Taller de

habilidades para padres



- Aprende habilidades DBT que te ayuden a regular tus emociones, mejorar tus relaciones y soportar momentos de angustia sin impulsividad. Estas habilidades requieren práctica para incorporarlas a su vida diaria. Trabajan como un músculo, acumulando fuerza con la práctica a lo largo del tiempo.

- **Efectividad Interpersonal**
- **Consciencia**
- **Regulación Emocional**
- **Tolerancia a la angustia**



Fechas: Todos los miércoles, desde el 29 de marzo hasta el final del año escolar.

hora: 11:10-12:10pm

Ubicación: Centro de Padres

Presentador: Daniel Calderon, LCSW

