



ROOTED: DBT SKILLS FOR LGBTQ+ RESILIENCE

Flexible Enough to Bend, Grounded Enough to Stay Whole

PERFECT FOR

LGBTQIA+ folks and gender explorers — building distress tolerance, emotion regulation, relationship, and mindfulness skills

INFO

- 8 sessions over 8 weeks
- Covered by many major insurance plans or \$60/session (\$480 total)
- In person
- Multiple start dates available

Starts October 13, 2026

Tuesdays at 6PM

1250 E 200 S STE 3B

Lehi, UT 84043

Call or Text 385-518-0652 Today,
Limited Spots Available



Group Facilitator:
Isa Camargo CSW

