

Esperanza Outpatient Groups

- **DIALECTICAL BEHAVIOR THERAPY
WEDNESDAY EVENINGS**

Led by: Sharon Bolin, LCSW, LMSW

A 16-week Dialectical Behavior Therapy Skills group with rolling enrollment for adults. This skills group is designed specifically for persons with disorders of Emotional Dysregulation, ie, Borderline Personality Disorder, Major Depressive Disorder and/or Anxiety Disorder.

- **EMOTIONAL EATING SUPPORT GROUP
SATURDAYS 10:30AM - 12PM**

Led by: Susan C Mengden, PhD, CEDS-s

An open and on-going support group for emotional eating (BED, Night Eating, Compulsive Overeating, and Bulimia). Virtual format.

\$30 per session

210.253.9763

Please call our office for information and registration
