



# SAGE Summer

## Starting:

5/20

6/10

7/1

7/22

## WHO

Young adults (18 - 30) who are seeking life skills but are not struggling with thoughts of suicide or self-harm

## WHAT

An in-person, DBT group that teaches young adults ways to manage powerful emotions.

## WHERE & WHEN

In person at our White Plains office for six weeks.  
(Enrollment dates: May 20, June 10, July 1 & July 22)



\*Hybrid or virtual options are available

