



**DBT**

center of orange county

# DBT CENTER OF ORANGE COUNTY

SPRING NEWSLETTER 2022

## LGBTQIA+ DBT SKILLS GROUP

*starting 4/19/2022!!!*

Belonging to the LGBTQIA+ community can be a beautiful thing, and dialectically speaking, this experience may also bring a myriad of different challenges. In this graduate group we will discuss the intricacies of the coming out process, navigating minority stress, how to respond to microaggressions, living a life that affirms one's own unique identity, LGBTQIA+ specific self-compassion and acceptance, establishing a sense of community, and recovering from invalidation.

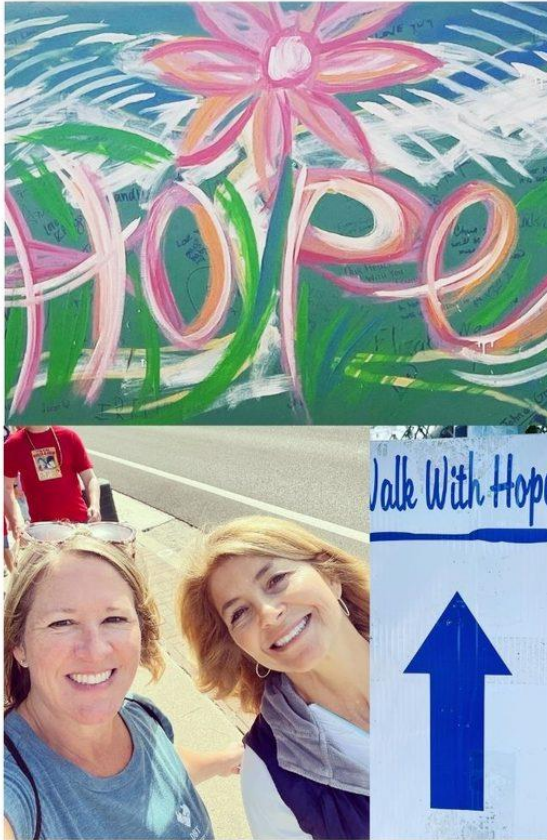


## LEARN MORE ABOUT MULTI- FAMILY GROUP

*held on Tuesdays  
5:30-7:30pm*



Multi-Family Group (MFG) is not what people often think of when they picture group therapy in their minds or what we tend to see on TV. Similarly to DBT for adults, who also attend a group as part of comprehensive DBT, MFG is instead more of a class format. In the MFG "class," therapists teach the various acronyms and vocab terms of DBT skills to teens and their parents.



## OUR PARTICIPATION IN WALK WITH HOPE

*March 19th, 2022*

DBTOC has been participating in Walk With Hope since 2018! This year our team raised \$1,215. And the With Hope Foundation raised \$131,914! The With Hope Foundation annually provides our highly successful educational programs on Suicide Prevention and Mental Health Awareness to over 10,000 students, teachers, parents, staff and community members. Visit [withhopefoundation.org](http://withhopefoundation.org) to learn more!



## MEET SUSAN PACE

*Our Director of Operations*

Susan is an integral part of our team at DBTOC! If you have sought services at DBT Center of Orange County, most likely you have spoken with Susan. She is warm and caring and tries to meet the needs of patients and staff alike! Susan wears many 'hats' and manages many aspects of the business including human resourcing, scheduling, finance and overall operations. As a former owner and operator of a long standing IT staffing company, Susan understands the importance of processes, procedures and accountability.

“

Walk as if you are  
kissing the Earth with  
your feet.

— Thich Nhat Hanh

@DBTCENTEROC



YOU ARE NOT ALONE

NAMI-OC  
SUPPORT GROWS

