

OUTPATIENT GROUP SCHEDULE

MONDAY

Acceptance and Commitment Therapy (ACT) Group: 6:00pm-7:30pm

ACT blends cognitive-behavioral therapy, mindfulness, and relational frame theory. In other words, ACT looks at how the human brain works in producing our thoughts. When we understand the basic functions and processes of our brain we can begin to understand our reactions. In this group, individuals work to increase awareness of their thoughts, develop more adaptive and creative responses to problems, and reconnect to their values.

WEDNESDAY

Binge Eating Disorder (BED) Group: 6:00pm-7:30pm

Our BED support group offers a safe, nonjudgmental environment for those clinically diagnosed with BED to find help and support. It is designed to empower individuals in recovery through education, coping strategies and creating a support system through a sense of community.

THURSDAY

Dialectical Behavioral Therapy (DBT) Group: 6:00pm-7:30pm

DBT is effective in helping individuals manage overwhelming emotions. Research shows DBT strengthens a person's ability to handle distress without losing control or acting destructively. Through DBT, individuals will learn four critically important skills that can both reduce the size of emotional waves and help keep balance when emotions become overwhelming.

Anyone seeking Outpatient Groups must provide proof that they are currently seeing an outpatient therapist. Must be 18 or older. Pre-screenings are required.

The cost is \$30.00 out-of-pocket per group.

To learn more about our services, register for a group, or to schedule a free, confidential assessment, please contact our Admissions Team at (303) 771-0861

**Groups are held at EDCare Denver
4100 East Mississippi Avenue, Suite 1300 | Denver, CO 80246**