

Neurochannels:

A DBT Skills Group for Neurodiverse Adults

Neurodiverse includes, but is not limited to: ADHD, Autism, Aspergers, 2E, 3E, Dyspraxia, etc.



Neurochannels will meet weekly from **1:30-3pm on Thursdays** beginning on

Thursday May 21st, 2026

Group Members will learn skills from clinicians and other neurodiverse adults who have completed all 4 DBT Modules: Each skill taught includes a game demo as a way to get active with the material and help group members to remember how and when to use each skill outside of sessions. DBT cards will also be supplied to everyone to cue skill use outside of group.

The cost is \$60 per week. All materials are provided.

Please do not refer involuntary folks to this program. We want to work with folks who are ready and willing to learn skills.

Our groups inspire confidence, foster community and promote radical acceptance leading to lasting positive change.

Please feel free to reach out to us for additional information and/or to sign up.

email@essentialcts.com

919.748.4610

www.therapyessential.com

Essential Counseling and Therapeutic Services

5716 Fayetteville Road, #202

Durham, NC 27713