

# **SAVE the DATES**

Join Us

## **A Special Invitation to Family-to-Family (F2F) Alums and Interested Others**

from the Post-F2F Bala Cynwyd Library Group

**TUESDAY, February 4, 2020**

**From 7-8:30 PM**

**at the Penn Wynne Library**

130 Overbrook Parkway

Wynnewood, PA 19096

Learn more about

**DIALECTICAL BEHAVIOR THERAPY (DBT)**

as presented by Edie Manion, a nationally recognized DBT expert and licensed marriage and family therapist who has co-facilitated DBT skills groups for a number of years, as well as lending her skills to families and couples at the DBT Center of Philadelphia.

Q&A following presentation

**THURSDAY, February 27, 2020**

**from 7-8:30 PM**

**at the Bala Cynwyd Library**

131 Old Lancaster Road

Bala Cynwyd, PA 19004

Learn more about

**BORDERLINE PERSONALITY DISORDER (BPD)**

as presented by Talya Lewis, a frequent guest to F2F classes. Talya is considered an expert on BPD. She guest lectures extensively and also conducts workshops for professionals on borderline personality disorder, self-injury, and trauma.

Q&A following presentation