



# AWAKE & AWARE, LLC



- Serving the New Mexico community since 2009.
- Offers integrated trauma services, specializing in Dialectical Behavior Therapy.
- A step-down program for higher level of care transitions.

Get on the path to building a life worth living today!

## Facts About DBT:

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**Provides skills to help manage big emotions and impulsive behaviors**

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**Evidence based**

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**Intensive outpatient treatment option for adults, adolescents and families**

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**Individual and family therapy sessions and skills groups**

## **AWAKE & AWARE, LLC**

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[www.awakeawareabq.com](http://www.awakeawareabq.com)

Currently accepting new clients!