

UPCOMING GROUP:

DIALECTICAL BEHAVIOURAL THERAPY SKILLS GROUP

10 weeks of group sessions

Offered twice a year in Fall-Winter and Winter-Spring

Virtual and in-person offerings

**DBT skills aim to help people manage
overwhelming emotions, harmful or impulsive
behaviours, and interpersonal challenges**

The DBT Skills Group consists of:

- **An Initial Assessment**
- **Orientation and Foundations Session**
- **Module 1: Distress Tolerance Skills (3 weekly sessions)**
- **Module 2: Emotion Regulation Skills (3 weekly sessions)**
- **Module 3: Interpersonal Effectiveness Skills (3 weekly sessions)**

Each group session includes a brief mindfulness practice, educational component, practice time, and group discussion

**SPEAK TO YOUR TADDLE CREEK FHT PROVIDER FOR A REFERRAL
AND ACTIVATE THE REFERRAL BY CALLING 416-260-1315 EXT. 0.
YOU WILL BE PLACED ON THE WAITLIST AND CONTACTED BY A
GROUP FACILITATOR WHEN THE NEXT GROUP IS RUNNING**