



DIALECTICAL BEHAVIOUR THERAPY SKILLS GROUP

12 WEEKLY SESSIONS OF 2 HOURS
A COMMITMENT TO ATTENDANCE AND HOME
PRACTICE ACTIVITIES IS REQUIRED

DBT IS AN EVIDENCE-BASED PROGRAM DESIGNED TO HELP INDIVIDUALS BETTER IDENTIFY AND MANAGE THEIR EMOTIONS. YOU WILL LEARN SKILLS TO MANAGE YOUR DISTRESS, IMPROVE COMMUNICATION WITH OTHERS, AND INCREASE MINDFULNESS.

FOR MORE INFORMATION AND
REFERRAL
PLEASE CONTACT:
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