

PROVINCIAL DBT SKILLS GROUP

(Dialectical Behaviour Therapy)

VIRTUAL GROUP - VIA ZOOM

AGES 18+



WHO IS THIS GROUP FOR?

- *Do you struggle with intense emotions?
- *Do you feel like you would like to have better tools to manage:
 - your emotions,
 - your relationships,
 - and life overall?
- *Are you ready to practice new skills daily?

DETAILS

- *Thursdays
- *1:30-4:00 (island time)
- *12 weeks
- *Oct. 3 - Dec. 19, 2024
- *Virtual via zoom

SKILL AREAS

Mindfulness

Learning to bring our awareness into the present moment.

Distress Tolerance

Learning to cope with intense emotions (without making things worse)

Emotion Regulation

Learning to understand, label, & express our emotions in healthy ways

Interpersonal Effectiveness

Learning how to create healthy relationships with communication & boundaries

GROUP FACILITATORS -

Rick Parsons (MSW, RSW) - Clinical Social Worker, Eastern Urban Health Zone

Gina Mercer (MSW, RSW) - DBT Coordinator, Eastern Urban

Justin Mahon (B.Sc., BSW, RSW, MSW Intern)

CONTACT US

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