

# 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

- \*Mondays
- \*1:30-4:00 (island time)
- \*12 weeks
- \*Sept. 29 - Dec. 22, 2025
- \*Virtual via zoom
- \*Clinician referral is required

## 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 -

Isabelle Mason (BSW, RSW) - Social Worker, Community Mental Health, Bonavista  
Jennifer Cranford (MSW, RSW) - Social Worker, Family Care Team, St. John's

FOR MORE INFO  
CONTACT US

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