



PROVINCIAL DBT (Skills Only) GROUP

(Dialectical Behaviour Therapy)

AGES 18+
VIRTUAL VIA WEBEX

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
- *9:30 (am) - 12:00 (pm)(island time)
- *12 weeks
- *Sept. 24 - Dec. 10, 2026
- *Virtual via Webex
- *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 -

Jackie Butt (MSW, RSW) - Provincial Groups Coordinator
Jennifer Cranford (MSW, RSW) - Social Worker, Family Care Team, St. John's

FOR MORE INFO
CONTACT US

EMAIL - nlgroups@nlhealthservices.ca

