

Dialectical Behavior Therapy

Mindfulness

Being focused and learning to live in the present moment.

Regulating Emotions

Reduce the intensity of emotional pain until the feelings pass.

Distress Tolerance

Learn to defuse stressful or painful situations resulting in better health.

Interpersonal Effectiveness

Understand how to set boundaries and clearly express your needs.



Is offering a 14 week group

For individuals wanting to learn skills

To help them cope with their emotions

And responses to life events

JANUARY 19, 2017 DBT INFORMED SKILLS GROUP

This 14 week group program is designed to help individuals develop important skills to improve their functioning. A screening appointment is required to ensure eligibility. There is a sliding scale fee based on income for the group program.

To book a screening: (905) 637-5256

Funded by



Thrive Counselling

460 Brant St, Suite 200
Burlington, Ontario

January 19 – April 20, 2017
6:30 – 8:30 Thursdays

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