

DBT Group

Are you feeling overwhelmed by your emotions or stuck in unhelpful patterns? Our 8-week Dialectical Behaviour Therapy (DBT) group is designed to provide tools and strategies to help you manage emotional intensity, handle stress, and improve your relationships.

W H A T

This is a weekly 2-hour group teaching Emotion Regulation skills, Mindfulness, Distress Tolerance, and Interpersonal Effectiveness.

W H E N

This is a virtual 8-week group starting Tuesday, October 15, to Tuesday December 03, 2024 from 5:30 pm to 7:pm

W H O

Women ages 18 to 30 | Maximum of 8 participants

F A C I L I T A T O R S

Vanessa Bauer, MSW RSW & Amanda Costa, MSW RSW
support@vanessabauer.ca | <https://www.vanessabauer.ca/>

R E G I S T R A T I O N

Cost \$ 60 per session.
Register using QR Code:

