

Hope and Me @ The 519

Introducing our **FREE** DBT skills-building group for **2SLGBTQ+** individuals ages 18 to 29 years old to improve mental well-being through managing challenging thoughts and feelings.



LOCATION

In-person @
The 519

519 Church St, Toronto,
ON M4Y 2C9

Questions?

CONTACT

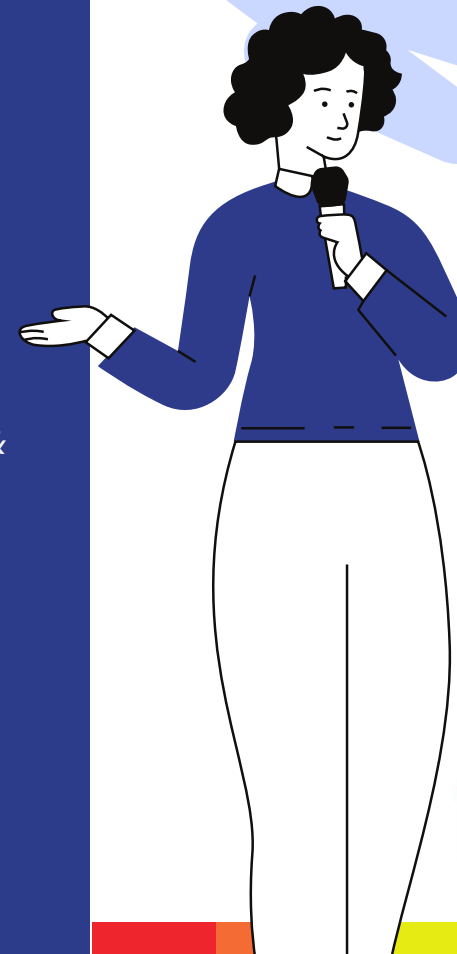
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Living A Life Worth Living: DBT Skills For Youth





Learn about the
4 pillars of DBT!

TUESDAYS

6:00PM - 7:30PM



Mindfulness

March 4 & 11

Mindfulness involves paying attention to the present moment without judging ourselves for our thoughts.

Distress Tolerance

March 18 & 25

Distress Tolerance involves learning about how to get through painful moments and crises, without making them worse.

Interpersonal Effectiveness

April 1 & 8

Interpersonal Effectiveness involves learning how to communicate our needs to others and developing strategies to reduce conflicts.

Emotional Regulation

April 15 & 22

Emotional Regulation involves learning how to gain control over emotions and learning to increase positive emotions while reducing negative emotions.

Scan here to
sign up:

