

# DBT Skills Group



Are you experiencing mood swings, feeling down and anxious, struggling with relationships, stressing about things happening in your life, or just want to work on improving your mental health and meet peers with similar struggles?



To register or for more information,  
contact [scywho@stridestoronto.ca](mailto:scywho@stridestoronto.ca)  
or 416-346-4516

## Join our group to build skills in

- Mindfulness
- Distress Tolerance
- Emotional Regulation
- Interpersonal Effectiveness



The group is designed for youth aged 12-25 years old. Participants will be screened prior to the start of the group to determine readiness and eligibility for the group.

## Details

- Duration: September 26 - December 12, 2023
- Day of Week & Time: Every Tuesday from 5-7 pm
- Location: 1200 Markham Rd., Suite 300, Scarborough
- Refreshments and TTC tickets will be provided