

NEURODIVERGENT AFFIRMATIVE

DBT Skills Group



Learn behavioural strategies in 4 main areas:

- **Distress Tolerance:** How to manage through emotional crises
- **Emotion Regulation:** Decrease or change painful emotions
- **Interpersonal Effectiveness:** How to ask for something or say no effectively
- **Mindfulness:** Increase control of your mind and engagement with the world

TOPICS WILL RUN
AS 5-7 WEEK
MODULES WITH
MINDFULNESS
SESSIONS LAYERED
BETWEEN THEM

COST PER SESSION: \$150
(5-7 sessions per module)

WILL RUN WEEKLY
THURSDAYS 4-6PM, VIRTUAL

CLIENTS CAN JOIN FOR ANY MODULE
BUT MUST COMMIT TO ALL
CORRESPONDING SESSIONS OF THAT
MODULE

WE WILL HOST A FREE ORIENTATION
TO SEE IF THE GROUP IS A GOOD FIT
FOR YOU

** Please note that we require you to have individual support or a contact in case of crisis while attending the group (individual therapist or family doctor) **

Contact us to be added to the waitlist and for more information
contactdr.gaylegoldstein@gmail.com

