

Intro to DBT Skills and Tabletop Group for Youth

SUPERVISED BY DR. GAYLE GOLDSTEIN

Youth DBT Group

Run by Ana and Christina

Hour 1

Learn behavioural strategies in 3 main areas (2 sessions per topic):

- **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
- We will also incorporate mindfulness techniques to increase control of your mind

Tabletop Group

Run by Ethan and Micah

Hour 2

Your youth will participate in a tabletop game (eg. DND) with their peers. They will be given the opportunity to apply and practice the skills they learned in the DBT session. They will have the opportunity to make connections and play a variety of games with therapeutic guidance from our therapists.

Parent Group

Hour 2

While your youth is engaging in the tabletop group, parents will meet with Ana and Christina to review these skills in order to support your youth at home!

Cost per session: \$250, 8 sessions total

Ages 14-17

** We can provide receipts for extended healthcare benefits or OAP funding

Thursdays 5:30-7:30pm, In-person

Weekly beginning April 18, 2024

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 for more information and to register!

contactdr.gaylemgoldstein@gmail.com

