

Intro to DBT Skills and Tabletop Group for Youth

SUPERVISED BY DR. GAYLE GOLDSTEIN

YOUTH DBT SESSION

Facilitated by Ethan Rinaldo and Gillian Collins

DBT SKILLS 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 Games Hour 2

Your youth will engage in a tabletop game (e.g., **Dungeons & Dragons**) alongside their peers. They will have the chance to apply and practice the skills they acquired during the DBT session. Additionally, they will have the opportunity to build connections and enjoy a variety of games with therapeutic support from our therapists.

PARENT SESSION

Facilitated by Ashley Siegel and Kristina Rajacic

Parent Connection

Parents will have the opportunity to connect with facilitators during the **full two-hour session** to review the skills their youth have learned and explore ways to support them at home.

For youth **ages 11-14** and their parents

* Please join our list to receive updates about **start date** and **time** *



2 hours per session, 8 sessions total



Wednesdays, weekly



Choose your preferred slot:

4:00–6:00 PM or **5:00–7:00 PM** (Final time will be set based on the majority's preference)



Room 206 – 323 Kerr St. Oakville L6K 3B6

\$250 per session

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

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