

Intro to DBT Skills Group

NEURODIVERGENT AFFIRMATIVE



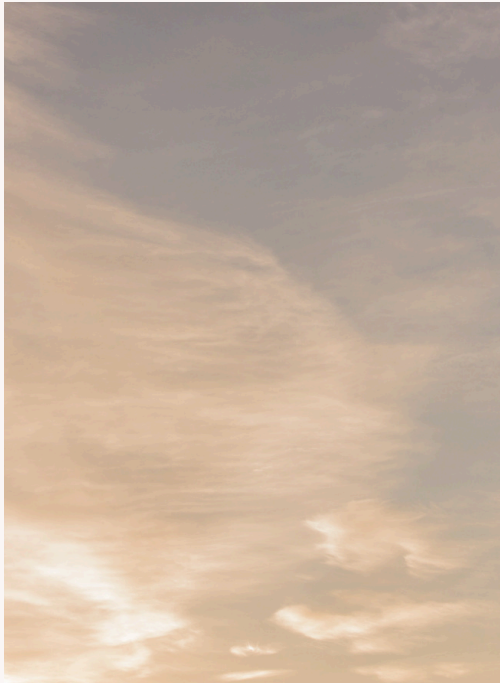
Learn behavioural strategies in 4 main areas:

- **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

**BEGINNING -
JULY, 2025**

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

FACILITATED BY JILLIAN LOPES
WITH CO-FACILITATION FROM KRISTINA RAJACIC AND GILLIAN COLLINS



**8 WEEKLY, VIRTUAL SESSIONS ON
MONDAYS FROM 5:30PM-7:00PM**

COST PER SESSION: \$150

**WE EXPECT THAT YOU COMMIT TO
ALL SESSIONS TO EFFECTIVELY
LEARN THE SKILLS**

**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 register and for more information
contactdr.gaylemgoldstein@gmail.com