

Skills for Living



Skills for Living is a 12 week dialectical behavior therapy skills group (DBT).

DBT skills are helpful for anyone experiencing difficulties with relationships, impulsivity, emotional regulation, anxiety and depression. DBT is also an evidenced based treatment for people with more complex issues such as self-harm, bulimia, bipolar disorder, and substance abuse.

DBT incorporates techniques of mindfulness and cognitive behavioral therapy in 4 modules that address different areas of emotional functioning.

In this group you will learn skills to:

- 1) **Regulate your emotions**. -Decrease the frequency, intensity, and duration, of negative emotions.
- 2) **Tolerate distress**-Learn how to get through difficult situations without making things worse. Stop acting impulsively and engaging in self-harm addictions or aggression.
- 3) **Be more effective in relationships**. -Ask for what you want, say no to what you don't want, and maintain your self- respect.
- 4) **Be mindful**-Bring more awareness, attention, and choice, to all areas of your life.

Group Facilitator: Rob McLeod

When: Wednesday evenings 5:30 pm – 7:00 pm

Start date: March 22nd, 2023

Where: online via Zoom

Fees: \$ 600 for 3 months (12 Sessions \$50 per session) Payable as 2 Payments of \$300.

Create a Life Worth Living!

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