



HEALING MIND DBT

# Skills for Living

A 12-Week DBT Skills Group

*Create a life worth living.*

**Skills for Living** is a 12-week Dialectical Behavior Therapy (DBT) skills group.

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

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

## In this group you will learn skills to:

### 1. Regulate your emotions

Decrease the frequency, intensity, and duration of painful emotions.

### 2. Tolerate distress

Learn how to get through difficult situations without making things worse. Reduce impulsive behaviors and 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 Details

**Facilitator:** Rob McLeod

**When:** Tuesday evenings, 5:30–7:00 pm

**Start Date:** September 8th, 2026

**2026 Where:** Online via  
Zoom



## Cost & Payment Options

**Cost: \$75 per session for 12 weeks (total \$900)**

### Two Payments

**\$450**

- First payment at the beginning
- Second payment 6 weeks later
- Total: \$900

### Full Fee Upfront

**\$810**

- One payment at the beginning
- Total: \$810
- Includes 10% discount

**Save 10%**

**Create a Life Worth Living!**

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