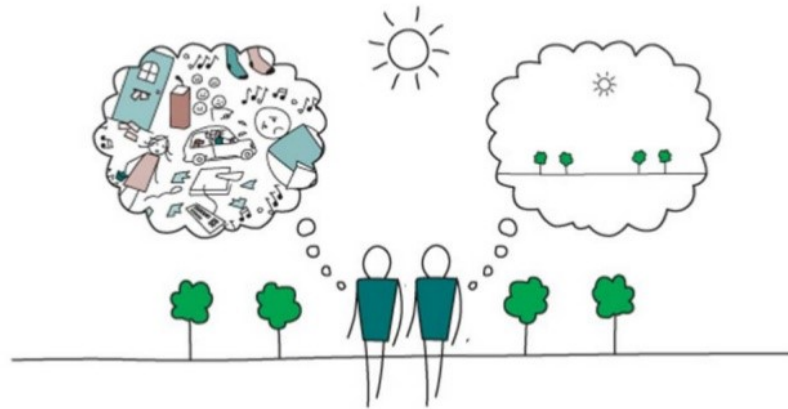




People Skills and Mindfulness DBT Informed Skills Building Group

Thursdays at 10:00am—Begins July 6th



For those who have completed Managing Powerful Emotions Group

WHAT:

This 12-week group will help you to:

- Learn about interpersonal effectiveness
- Ask for what you want and say no to what you don't want
- Learn how to build, keep or end relationships
- Practice radical acceptance
- Live in the present moment, stay in Wise Mind
- Reduce emotional suffering
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WHEN:

Thursday July 6, 2023—Thursday September 21, 2023

10:00—12:00pm

WHERE:

In Person at Belleville and Quinte West Community Health Centre

161 Bridge Street West, Belleville

AND Online through Zoom

ADVANCE REGISTRATION REQUIRED

For more information or to register, please call [613-962-0000](tel:613-962-0000)