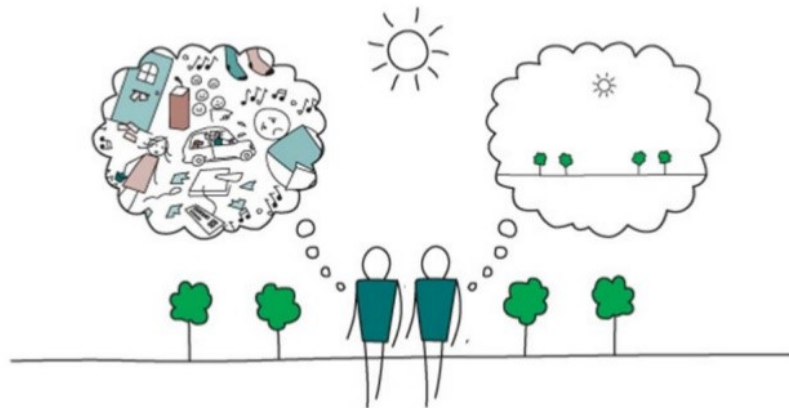




People Skills and Mindfulness DBT Skills Group

Mondays at 1:30pm—Begins February 28th



WHO: For those who have **COMPLETED** the **MANAGING POWERFUL EMOTIONS SKILLS GROUP** program

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

WHEN: Mondays from 1:30 pm—3:30 pm
February 28—May 16, 2022

WHERE: Online through Zoom
Details will be sent to your email so you can join the sessions

ADVANCE REGISTRATION REQUIRED

For more information or to register, please call **613-962-0000**

Please Note: Group programs may be cancelled with short notice due to COVID-19



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