

This series is presented by



youth wellness hubs
ONTARIO
NORTH SIMCOE SIMCOE NORD
l'initiative des carrefours bien-être
pour les jeunes de l'Ontario

The right tools make
all the difference.

Youth Dialectical Behavioural Therapy (DBT)

A free 8-week virtual group for ages 14-17

DBT is a skills-based group helping youth cope with stress, regulate their emotions, and improve their relationships with others.

Tuesdays (Jan. 31-Mar. 23) • 3:30-5pm

In this psycho-educational group, participants will learn...

- **Mindfulness:** How to harness our own attention.
- **Emotional Regulation:** How to navigate feelings that affect our bodies & brains.
- **Distress Tolerance:** How to deal with discomfort & climb out of 'thinking traps.'
- **Interpersonal Skills:** How to represent ourselves well to others & self-advocate.

Connect to register or with questions

<https://bit.ly/3FvZGUL> • Text 705-790-2338 • YouthCALL@cfssc.ca

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