

Fall 2023



CFS is pleased to present...

Dialectical Behaviour Therapy (DBT)

A Free (virtual) Wellness Skills Group

*This free workshop is offered on a virtual platform via Zoom.
Access to a reliable computer/device and the Internet is required.*

Marsha Linehan's dialectical behaviour therapy (DBT) is an evidence-based model of therapy that helps people learn and use new skills to build lives they feel are worth living.

DBT is made up of four main components: These components consist of skills that help us to be more present in our bodies, lives, and relationships; understand and manage our emotions; cope with and survive intense emotions and improve our relationships.

This group is psychoeducational and will consist of discussion, weekly "take-home" practice, videos, and mindfulness activities.

Date & Time

The DBT Skills Group runs on Wednesdays from 10am-12pm for ten weeks starting September 13.

To register:

Visit <https://bit.ly/3UGdvnY> or call 705-726-2503.

Space is limited!

See other upcoming MindSelf workshops at cfssc.ca/mindself