



Shame-Resilience Group

Join us for a 10-week Shame-Resilience Group series that will help you understand the relationship between shame and your mental health and teach you skills to help you become resilient to the impact of shame.

To participate in this group, it is recommended but not required that you have participated in a dialectical behaviour therapy skills group in the past or together with this Shame-Resilience Group.

The curriculum is based on the work of Brené Brown, Ph.D., L.M.S.W., a research professor at the University of Houston and a renowned speaker and author who studies courage, vulnerability, shame, and empathy.

This group is offered in partnership with YSSN and CMHA.

About us

Your Support Services Network is a hub for Developmental, Mental Health and Children's Services that helps people to navigate services to live their best life.

yssn.ca

Connect with us!



Details

The group runs in-person every Wednesday afternoon for 10 weeks. Attending all 10 sessions is recommended but not mandatory. Next cycle starts Winter 2023.

Please note: This group is a closed group offered to individuals active in Case Management with YSSN or CMHA. A Referral does not guarantee acceptance.

To learn more: Please contact Lesley Reiner at Ireiner@yssn.ca

For more information on other YSSN events, visit: yssn.ca/Events