Adapted Dialectical Behaviour Skills (ADBS) Group

YSSN
YOUR SUPPORT SERVICES NETWORK

Participants learn practical skills to help them manage emotions, cope with stress, build healthy relationships, and navigate everyday challenges with greater confidence. The program focuses of four core skill areas: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness.

The ADBS Group is a structured, **three-year** program that meets weekly from September to April. Sessions are held in person on **Wednesdays from 1:30 – 3 PM** at **YSSN's Aurora office.**

Participants are expected to attend scheduled sessions regularly and be willing to commit to the program. The involvement of a support person is often an important part of success in the group and may be required based on individual needs. Support person participation will be discussed during the intake process.

Date & Time:

Wednesdays from 1:30 – 3 PM

Who Should Attend:

The (ADBS) Group is designed for individuals age 16 and older with a dual diagnosis (a developmental disability and mental health challenge) who live in York Region or South Simcoe.

For more information, please contact: **nlewis2@yssn.ca.**

Completed referral forms can be sent to: **nlewis2@yssn.ca.**

YSSN is a hub for Developmental, Mental Health and Children's Services that helps people navigate services to live their best lives.

YSSN.ca