



## Dialectical Behaviour Skills (DBS) Group

This skills group combines traditional cognitive and behavioral skills with eastern practices, such as meditation and mindfulness.

DBS involves the following:

- ◆ Group skills training:
  - ◇ 2 hours each week for 16 weeks
- ◆ Individual skills training:
  - ◇ Additional individual skills coaching sessions may be available to build on skills learned in group

**Please note:** a referral form and an assessment will be required prior to acceptance into the group.

### About us

York Support Services Network offers a range of developmental services and mental health programs throughout York Region and South Simcoe.

Please visit our website at [yssn.ca](http://yssn.ca) and follow us on social media!

### Session details

#### Location:

Details will be provided upon registration.

#### Dates and Times:

Fall 2022

#### Who should attend?

The DBS group is for adults 16+ residing in York Region/ South Simcoe with a diagnosable mental health challenge excluding psychosis and developmental disabilities.

**To request a referral form, please contact the facilitator:**

Lesley Reiner  
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