



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

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.

Please visit our website at yssn.ca and follow us on social media!

Session details

Location:

Details will be provided upon registration.

Dates and Times:

New groups start every September, November, and February

Sessions held on weekday afternoons

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 Group Coordinator:

Lesley Reiner lreiner@yssn.ca