

# Dialectical Behaviour Therapy (DBT) Skills Group



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

DBT Skills involves the following:

- Group skills training
  - 2 hours each week for 18 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 intake assessment will be required prior to acceptance into the group.

## Who Should Attend?

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

## Date/Time:

New groups start every September, November, and March.

Sessions held on weekday afternoons.

## Location:

Details will be provided upon registration.

## Request a Referral:

To request a referral, please contact our group coordinator.

## Contact:

Mental Health Groups Coordinator  
[MHgroups@yssn.ca](mailto:MHgroups@yssn.ca)

