



Community Dialectical Behaviour Therapy Based Skills Group

“Skills for Life”

The Community DBT Based Skills Group is jointly offered by 5 community organizations. All facilitators are trained in DBT skills.

Alpha Court Non-Profit Housing Inc.
Dilico Anishinabek Family Care
NorWest Community Health Centres
St. Joseph's Care Group
Thunder Bay Counselling

For information or details on how to make a referral:
P: (807) 683-4812 F: (807) 577-8053

WHAT IS A DBT BASED SKILLS GROUP?

A **DBT** Based Skills Group is an educational group that teaches skills in the following areas: mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness. Facilitators participate in a consultation team to ensure fidelity to **DBT** and support facilitation.

Q & A

What is a typical session like?

A group session will consist of mindfulness exercises, homework review and creative presentations of new skills. Experiential learning methods such as use of media, role plays, expressive art and games will be used to teach, practice and generalize new skills in a safe and supportive environment.

How many sessions will this involve?

Group sessions will be held weekly for 10 weeks.

What is required to attend?

- A willingness to participate
- An individual support person in the community such as a therapist, social worker, psychiatrist
- A commitment to learning and practicing new skills

HOW CAN THIS GROUP HELP?

A **DBT** Based Skills Group can help you:

- Develop a clearer sense of self
- Develop relationship skills, assertiveness and self-respect
- Reduce emotional suffering and build positive experiences
- Gain acceptance of oneself and situations

WHO CAN BENEFIT FROM THIS GROUP?

Adult (18 and over) experiencing:

- Feelings of chaos
- Unstable moods and/or emotional dysregulation
- Impulsivity
- Confusion about self
- Negative thinking patterns
- Relationship struggles
- Substance use difficulties