



# DBT-A Skills Group

## Dialectical Behaviour Therapy (DBT) Skills -16 Week Group For Adolescents 13-17

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### ✓ KEY FEATURES

- **The DBT-A Skills** Group is a 16 week group
  - Sessions are 1.5 hours per week group for adolescents ages 13-17 and a support person **\*Participants must commit to attending each four week block of the program**
- Designed to assist teens in learning about their feelings, thoughts and behaviours through a mindful approach.
- Combines active learning, group discussion and activities, and homework exercises
- Modality (in person/virtual) to be determined; dates will be shared when space is available.

### ✓ ANTICIPATED OUTCOMES

- Increase positive coping skills and better understand how to successfully manage emotions
- Improve Distress Tolerance skills for coping with difficult events & emotions and learn mindfulness skills
- Learn how to foster positive relationships and ways to strengthen communication skills

### HOW TO ACCESS SERVICES

Please consider a conversation with your assigned Huron Perth Centre based Mental Health Therapist.