

12 sessions
6:00 – 8:00 pm

Teens (13-17)-Tue.
Apr. 9

Adults (18+)-Thur.
Apr. 11

@ 192 Main St, E
Milton, ON L9T 1N8

DBT Skills Group

Are you struggling with

- Suicidal thoughts
- Self harm urges
- Anxiety
- Depression
- Intense mood swings
- Harmful behaviors

???

What you will learn

- Focus your mind and attention in the momento & accept the current situation
- Find ways to tolerate the distress in the moment
- Regulate your emotions
- Effective ways of asking for what you want and need in relationships

HOW TO ENROLL:

Email ruth@elpizocounselling.com

or

CALL 1-877-335-7496



\$250
per week inc.
weekly individual
therapy