

12 sessions  
6:00 – 8:00 pm

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

Adults (18+)-Thur.  
Apr. 11

@ 2430 Lucknow  
Drive, Unit 4  
Mississauga, ON L5S  
1V3

# 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](mailto:ruth@elpizocounselling.com)

or

CALL 1-877-335-7496



**\$250**  
per week inc.  
weekly individual  
therapy