

DIALECTICAL BEHAVIOUR THERAPY (DBT) SKILLS GROUP



The DBT Skills Group is meant for adults who have difficulty managing emotions, stress, and/or interpersonal relationship problems.

**EMOTIONAL
REGULATION**

**DISTRESS
TOLERANCE**

**DBT
SKILLS**

MINDFULNESS

**INTERPERSONAL
SKILLS**

Spring Group: 8 Group Skills Sessions
Wednesdays May 7- Jun 25 2025 from 4-6pm
Total cost of program \$50

To learn if this program is right for you:



Call Us
306-585-5685



Email Us
psychology.clinic@uregina.ca