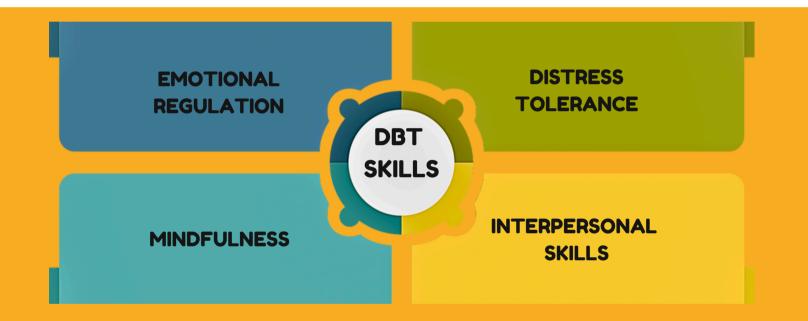
DIALECTICAL BEHAVIOUR THERAPY (DBT) SKILLS GROUP



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



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







Call Us 306-585-5685



Email Us psychology.clinic@uregina.ca

