



A free 10-week virtual group focused on education and skills development, utilizing a dialectical behavior therapy framework. For individuals who are looking to understand their difficult feelings, and learn to better regulate and manage their emotions.

Topics Include:

- **Core Mindfulness Practices**
- **Interpersonal Effectiveness**
- **Improving Relationships & Self-Respect**
- **Emotional Regulation**
- **Distress Tolerance**
- **Radical Acceptance**

Open to patients of the Chatham-Kent Family Health Team.

Group will be held virtually online

Contact Brenda to sign up @ 519-354-2172 ext. 3