Skills For Living

Virtual Dialectical Behavior Therapy (DBT) Skills Group

HEALING MIND DBT

S&A

Hosted by Healing Mind DBT & Slater and Associates Counselling and Psychotherapy Clinic

In This Group You Will Learn To:

- **Regulate your emotions:** Decrease the frequency, intensity, and duration, of negative emotions.
- **Tolerate distress**: Learn how to get through difficult situations without making things worse. Stop acting impulsively and engaging in self-harm addictions or aggression.
- **Be more effective in relationships:** Ask for what you want, say no to what you don't want, and maintain your self- respect.
- **Be mindful:** Bring more awareness, attention, and choice, to all areas of your life.

Alana Forbes, M.A. RCC

DBT Specialist with over 15 years Experience

Robert Bruce McLeod, MPCC

DBT Specialist with over 30 years Experience

Create A Life Worth Living!

ONGOING ENROLLMENT

Next Group Date & Timing

From: Wed, Sept 3rd, 2025

To: Wed, Nov 12TH, 2025

Time: 1:00 – 2:30 PM PST

Format: Online via Zoom

Open to residents in BC, Canada

For: Adults 19+

This Group Could Be Your Next Step

- Weekly **90-minute** DBT skills group sessions
- Optional **individual therapy** with DBT-trained therapists
- 12-week program
- **$95** per session (Direct Billing*, Insurance reimbursable!!)

*Group therapy may not be covered by all insurance plans. Please check with your provider.

Email us at **admin@slaterandassociates.ca** or call **604-796-8117** to register or book a **Free 20-minute consultation** to learn more.

To join the group, please contact us at:

admin@slaterandassociates.ca

https://slaterandassociates.ca

@slater_therapy_and_counselling

604-796-8117