



ADDICTIONS AND MENTAL HEALTH SERVICES
HASTINGS PRINCE EDWARD

MINDSKILLS FOR MENTAL HEALTH

Skills Building Group
Focus of this session will be
An Overview of DBT Skills

Registration Required

When: Thursday November 23th, 2017
9:30 AM – 11:30 AM

Where: Addictions and Mental Health Services
Belleville Office Location
15 Victoria Avenue, Belleville
****2nd Floor Training Room****

Facilitators: Michelle Alton & Tammy Orr
Mental Health Counsellors
Addictions and Mental Health Services HPE

This group will be available to 20 to 25 participants both active clients receiving services and those waiting to receive services. **The focus of this group will be to provide a description of DBT Skills, and to practice problem solving using distress tolerance, interpersonal effectiveness, emotion regulation and mindfulness. The idea is to help build skills to face the challenges experienced and to recognize these challenges as being manageable. We will be facilitating how to make small, positive changes **NOW!!**

**Please call Tammy Orr @ 613-394-1655 X 5 or
Michelle Alton at 613-394-1655 X 2 for more information or to
make a referral to this group.**