

Imar Hea WHAT:

DBT Informed Recovery Skills Group

Tuesdays at 10:00am—Begins October 10th



AT: For those interested in learning new skills and strategies to manage addiction and substance-use behaviours, to strengthen self-compassion.

This 10-week participatory group will help you to:

- Learn about DBT addiction skills
- Learn and practice mindfulness, radical acceptance
- Learn distress tolerance skills and dialectical abstinence
- Practice harm reduction, relapse prevention, community reinforcement
- WHEN: Tuesday October 10, 2023—Tuesday December 12, 2023 10:00am—12:00pm
- WHERE: Belleville and Quinte West Community Health Centre

161 Bridge Street West, Belleville

In Person AND Online through Zoom

Partnership with Davenport-Perth Neighbourhood and Community Health Centre

ADVANCE REGISTRATION REQUIRED

For more information or to register, please call 613-962-0000 ext. 0







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