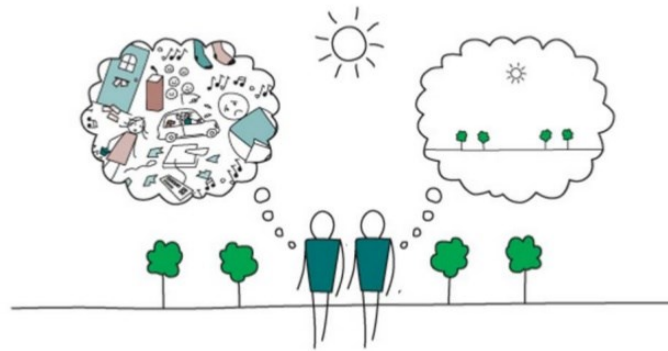




People Skills and Mindfulness DBT Informed Skills Building Group

Starting in January 2024



WHAT: For those who have completed Managing Powerful Emotions Group

This 12-week group will help you to:

- Learn about interpersonal effectiveness
- Ask for what you want and say no to what you don't want
- Learn how to build, keep or end relationships
- Practice radical acceptance
- Live in the present moment, stay in Wise Mind
- Reduce emotional suffering

WHEN: Thursday January 18 — Thursday March 28, 2024 2:00-4:00PM
offered In Person and Virtually

WHERE: Belleville and Quinte West Community Health Centre
Unit 1—161 Bridge Street West, Belleville

ADVANCE REGISTRATION REQUIRED

For more information or to register, please call [613-962-0000](tel:613-962-0000)

Please Note:

This program is being offered with appropriate safety precautions due to COVID-19.

