

# Emotional Regulation Using DBT Skills Workshop

**This group focuses on learning mindfulness and cognitive skills to better understand your thoughts, feelings and behaviours and the techniques to change them.**

## **DATES:**

**8 Weeks Starting:**

**Tuesday, October 15, 2024 – December 3, 2024**

**6:00pm–7:30pm**

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## **Location:**

**Virtual Workshop**

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## **Register:**

**Please call 519–662–3092 to register and discuss available funding.**

**ICC strengthens the fabric of our community by equipping individuals, couples, and families to realize emotional wellness and triumph over life's challenges.**

