



CANADIAN MENTAL HEALTH ASSOCIATION, MUSKOKA-PARRY SOUND

Dialectical Behaviour Therapy (DBT) Skills Group for Concurrent Struggles

A Dialectical Behaviour Therapy (DBT) skills group specific to concurrent issues (mental health and addictions) is now offered in the Huntsville office of the CMHA. This skill based program aims to provide people who live with co-occurring mental health and substance use issues in a non-judgmental, supportive group setting.

This group will explore skills and coping strategies to help individuals regulate emotions, tolerate distress, manage relationships and generally improve quality of life.

This group will run on Thursday afternoons from 1:00 p.m. - 3:00 p.m. It is a 15 week program in which participants are encouraged to commit to attend sessions regularly and practice coping / wellness skills outside of group. The facilitators of the program are trained and well versed in Addictions and Mental Health counselling / treatment.

GROUP GUIDELINES

1. Confidentiality is primary. Group members agree to keep any identifying information within the room.
2. Some people learn best by jumping into issues and bouncing ideas off others. Others learn best by sitting back and listening. Group members are asked to respect each other's level of participation.
3. Group members are asked to encourage and support an environment of recovery, wellness, acceptance, change and hope.

*For more information or to make a referral, please contact
Canadian Mental Health Association, Muskoka-Parry Sound at 705-789-8891.*