

# DBT Skills in Schools Learning Group



Join us online as we explore DBT (Dialectical Behaviour Therapy) skills. This six part series will give parents an introduction to Emotional Regulation, Distress Tolerance, Mindfulness and Positive Communication - the four components of the DBT in Schools Program.

The curriculum was developed to teach practical skills to help children and teens cope with stress, to solve problems effectively, and to build healthy relationships. Participants will have the opportunity to learn, practice and share new skills.

**Facilitator:** Brenda Birley

**Dates:** This is an 6 session series beginning on November 7 and ending December 12.

**Times:** 7:00 - 8:00pm

**Location:** Zoom (with possibility of some in person sessions depending on what the group wants)

**Target Audience:** Parents. Maximum enrollment of 15.

**Register:** Email [bbirley@prn.bc.ca](mailto:bbirley@prn.bc.ca)