

DBT Skills in Schools Learning Group



Get a taste of the DBT Skills in Schools SEL curriculum by engaging in a skills learning group. The curriculum was developed to teach practical skills to help students cope with stress, to solve problems effectively, and to build healthy relationships. Our group sessions will follow the four modules of Dialectical Behavior Therapy: Mindfulness, Emotional Regulation, Distress Tolerance and Interpersonal Effectiveness. Participants will have the opportunity to learn by doing.

Co-Facilitators: Brenda Birley and Sydney Vandergaag

Dates: This is an 8 session series beginning on Wednesday, October 7 and ending on Wednesday, November 26.

Times: 7:00 - 8:00pm

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

Target Audience: Teachers, Youth Care Workers, Educational Assistants. Maximum enrollment of 15.

Register: Email bbirley@prn.bc.ca