



DBT Informed Skills Group for Teens (12-18 years of age)

“The How-To Group on Managing Big Emotions”

Join us by Zoom on Wednesday evenings, **May 11- June 29, 2022** from 4 to 6 pm to learn evidence based skills from the comfort of your couch.

“The How-To Group on Managing Big Emotions” is an 8 week DBT Skills Group that will teach you how to:

1. Understand and manage big emotions
2. Be more mindful and present in everyday life and on hard days
3. Decrease big emotions in relationships with friends and family
4. Effectively communicate needs and boundaries while maintaining relationships

The 8 Week Modules include:

Week 1:

- **What is DBT and How Can DBT Help Me?**
Learn the “in’s and out’s” of Dialectical Behaviour Therapy and the ways it can be helpful to you.
- **Mindfulness...What, When and How to Practice**
Learn how mindfulness can help you to be present in all aspects of your life including when you are managing big emotions.

Week 2:

- **Teen Life and Why It Can Be Stressful**
Learn about teen life realities and the factors that can make life more stressful.
- **The 3 Helpful Selfies: Self Care, Self Validation & Self Compassion**
Learn about the “Helpful Selfies” and how they can make life less stressful.

Week 3:

- **These Emotions are So Overwhelming!**
Learn the skills that will help you to tolerate distress when emotions get big.

Week 4:

- **Reality Acceptance...Even When It Feels Unacceptable**
Learn specific skills to heal and accept difficult situations in your life...even when it seems impossible.

Week 5 & 6:

- **Emotion Regulation as a Super Power!**
Learn the importance of emotion regulation skills and how you can use these skills to your benefit!

Week 7 & 8:

- **Introduction to the Communication Powerhouses (and Wrecking Balls!)**
Learn concrete strategies to help you communicate effectively in relationships. Learn how to communicate your needs, your boundaries and how to communicate when relationships are difficult.

“The How-To Group on Managing Big Emotions” is facilitated by Colette Kelso (Registered Psychotherapist), Nicole Barton (Registered Psychotherapist) and Jamie D. Brooks, M.Sc.,C.Psych. (Clinical Supervisor).

Each 2 hour group session is \$162.00 and invoices will be provided for insurance purposes upon payment receipt.

For further information or to register for upcoming groups, please email us at copewellgroups@gmail.com or call us at 613-563-4492.

“Let us help you to Cope Well”