



**Ontario
Clinical
Associates**
Because Your Mental
Health Matters

12 WEEK ONLINE DBT SKILLS GROUP

Learn
**Mindfulness,
Distress Tolerance,
Interpersonal Effectiveness &
Emotion Regulation Skills**
to help you build your
life worth living.

Tuesday September 28th, 2021 -
Tuesday December 14th, 2021
Weekly | 5pm-7pm
Virtual Classroom

\$90 per 2 hr Weekly Group
(\$90x12 = \$1080 Total for all 12 sessions)

Register by Emailing info@ontarioclinicalassociates.com

