



In-Person DBT Skills Group for Adolescents and Parents

A six-week group for adolescents and their parents aged 13 through 17 who struggle managing emotions and behaviors. Participants must register in advance:

You will learn...

- How to become more mindful and self-aware
- Better manage feelings of anxiety and depression
- Reduce impulsive behavior & learn new coping skills
- Have healthy relationships and better communication

This six-week curriculum follows a set agenda in which new information is taught & practiced weekly, followed up with homework tasks. Skill sets include Mindfulness, Distress Tolerance, Emotional Regulation, Interpersonal Effectiveness, and Walking the Middle Path.

Tuesdays from 6 to 7:30 p.m., October 21th to December 2nd, 2025.

Recovery Alberta Child, Youth and Family Addiction and Mental Health Clinic, Melcor Centre (Suite 120A 200 - 4 Ave. S.).

**To register, call Access Addiction & Mental Health
1-888-594-0211**