

Hayley Maynard
Counselling

YOUTH DBT SKILLS GROUP



About DBT Skills Group

Dialectical behavioral therapy is an evidence based approach that helps us build skills to understand and cope with intense emotions, be more present and mindful every day, and communicate with the people we love in more effective ways, while maintaining our boundaries.

This 12 week program will allow youth (14-18) to learn valuable skills, improve their emotional regulation, and maintain more positive relationships.

Beginning to meet virtually
on Wednesday December
6th from 6-7:30PM

\$100/ session, run by a
registered MSW, cost
covered by most extended
insurance plans

Please Call or Email
to Inquire About
Space

Connect:

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More Information:

www.hayleymaynardcounselling.com