

Group Aim, Content, and Participants

The DBT Skills & Emotions Group is an introductory workshop aimed at helping youth learn the fundamentals of emotion regulation. This evidence-based workshop introduces the main principles of *Dialectical Behavioural Therapy (DBT)*, which is a proven and effective treatment for emotion regulation concerns. This workshop is facilitated by a Registered Social Worker*.

Sessions will provide a structured and supportive space for youth to learn about identifying and managing intense emotions. Through skills training and group discussions, youth will learn techniques to better understand, regulate and cope with their emotions. The workshop focuses on building distress tolerance skills, improving mindfulness, and developing effective strategies for handling emotions in challenging situations. This program aims to empower youth with the tools they need to navigate their emotional experiences with greater confidence and control.

This workshop is not intended to replace a comprehensive DBT group/intervention. It is an introduction to the fundamentals and a first step towards change. The workshop is not intended for youth in active states of suicidal ideation. This workshop is not a replacement for individual therapy for youth struggling with suicidal ideation/self-harm.

Group Information

Pre-Group Caregiver Intake Appointment

Duration

30 minutes per appointment

*Cost**

\$95.00 CAD

Group Sessions

Duration

60 minutes

Length

7 weeks

*Cost**

\$630.00 CAD

Dates and Time

Wednesdays from July 9 to August 21, 2025; 6:45 – 7:45 p.m. (Grades 8-12)

- Make-up Session: August 28, 2025; 6:45-7:15 p.m.

Registration Closes

Wednesday June 25, 2025

**Check with your insurance provider for coverage*

For more information, please contact groups@boomeranghealth.com.

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