



# Women's Group Counselling

## Dialectical Behaviour Therapy (DBT) skills for women

Session duration: 16 weekly sessions

Location: YW Sheriff King Home  
2003 - 16 Street SE

Registration & information: 403.536.2844  
counselling@ywcacalgary.ca

- A group program for women to reduce stress and manage strong emotions through mindfulness practice
- DBT skills support people in building a life worth living
- Learn skills to decrease pain and suffering and increase pleasant emotions and experiences
- Each session includes: DBT skills practice and teaching, connecting with supportive others



**COUNSELLING**  
women-centred. brighter-future focused.