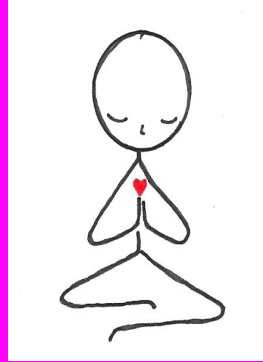


## Online Dialectical Behaviour Therapy (DBT) focused on Interpersonal Skills Group for \*Women

\*This group and our services are open to people of all marginalized genders including Cis and Trans women, Two-Spirit, Trans, and Non-binary people.

Wednesday Afternoons 1-3 pm  
13 October to 1 December  
Offered via Zoom remotely, Internet connection and laptop required.  
Fee: \$50 CAD for all sessions payable by credit card, EFT, or cash



AN 8 SESSION GROUP FOR WOMEN  
THAT HAVE EXPERIENCED CHILDHOOD  
TRAUMA, SEXUAL ASSAULT AND/OR RELATIONSHIP ABUSE

Facilitators: Deirdre Goudriaan, MA, CTR, CTSS and  
Charlotte Edwards, MC, RCC

This is an educational, skill-building group open to any woman who has experienced abuse/neglect/violence at some point in her life. This group is for women who want tools to take control of their thoughts, emotions, and relationships by learning the principles and practices of Dialectical Behaviour Therapy (DBT).

Topics will include:

- Mindfulness
- Distress Tolerance
- Emotional Regulation and
- Interpersonal Effectiveness

For further information about our groups or to register for this group, contact:  
Charlotte Edwards at **606-541-4836** or [cedwards@sourcesbc.ca](mailto:cedwards@sourcesbc.ca)

Sources  
Trauma Counselling Program  
15318 20<sup>th</sup> Avenue  
Surrey, BC