

DIALECTICAL BEHAVIOUR Therapy

FOR PEOPLE THAT HAVE EXPERIENCED CHILDHOOD
TRAUMA, SEXUAL ASSAULT AND/OR RELATIONSHIP ABUSE

AN 8-WEEK ONLINE ZOOM GROUP

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

Wednesdays

1 pm - 3 pm

26 January – 16
March

\$50 per person

Offered ONLINE via Zoom
Stable internet connection &
computer or device is required
(Some assistance
may be available)



*This group and our services are
open to people of all marginalized
genders including women
(cis and trans), Two-Spirit, trans,
and non-binary people.*


SOURCES
TRAUMA COUNSELLING
PROGRAM

Facilitated by: Deirdre Goudriaan, MA, CTR, CTSS and Charlotte Edwards, CD, MC, RCC

For further information about our groups or to register for this group, contact:
Charlotte Edwards at 604-335-4958 or cedwards@sourcesbc.ca