

Providence Care

Are you feeling

Overwhelmed and
having difficulty managing your distress?

Do you feel like your

Emotions Control You

instead of you controlling them?

When you are upset, do you

Hide Your Feelings by keeping them
*inside...or do you tend to **Over-React?***

Do you tend to have patterns of

Unstable and Intense

interpersonal relationships?

Are you tired of struggling with

**Difficulties Managing Your
Emotions** and wish you could live your
life with more peace of mind?

KEEP IT SIMPLE SKILLS

may be helpful for individuals who
have difficulty with:

- ◆ Tolerating emotional distress
- ◆ Managing and coping with emotions
- ◆ Dealing effectively with interpersonal situations
- ◆ Managing your attention

The KEEP IT SIMPLE SKILLS GROUP

**Tuesdays & Thursdays
9:00 - 10:30 a.m.**

**303 Bagot Street, 3rd Floor
(LaSalle Mews)
Kingston, Ontario**

The Keep It Simple Skills Group is a series of six groups on the four core modules of Dialectical Behaviour Therapy skills training.

Group 1 & 2 Distress Tolerance

Group 3 & 4 Emotion Regulation

Group 5 Interpersonal Effectiveness

Group 6 Mindfulness

The skills taught in this group are effective for people who struggle with:

- ◇ Impulsive behaviours
- ◇ Self-harm or self-damaging behaviours
- ◇ Unstable moods and emotions
- ◇ Building and maintaining healthy relationships

We accept new participants on the Tuesday of each week but participants must register prior to attending.

To register please contact:

**Providence Care
Personality Disorders Service**

613-542-8344

**Suite 300, 303 Bagot Street
Kingston, ON K7K 5W7**