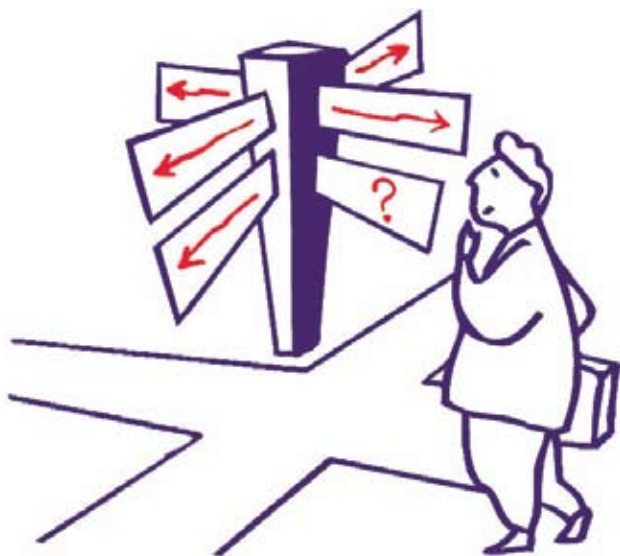


Choices Group



Choices Group

...may be of benefit to individuals struggling with any of the following:

- ◆ Low self-esteem
- ◆ Emotional instability
- ◆ Unstable relationships
- ◆ Self-damaging behaviour
- ◆ Suicidal thoughts and/or behaviour

CHOICES GROUP

**10 week group
1:30 to 4:00 p.m.
Meets weekly**

Choices is a two-part group, beginning with a psychotherapy group (1:30-3:00 p.m.) to challenge dysfunctional patterns of thinking and behaviour; and ending with a skills training group (3:00-4:00 p.m.) to teach Dialectical Behaviour Therapy skills.

**Orientation (first week only)
1:00 to 1:30 p.m.**

Continuous Intake

You must be referred by a health or mental health professional

For more information please contact:

**Providence Care
Mental Health Services
Personality Disorders Service**

613-542-8344

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