



Distress Tolerance Skills-Building Group

**8 weeks
on Tuesday afternoons
from 3:00 to 4:30 p.m.**

Distress Tolerance Skills-Building Group

In this skills training group, participants learn specific strategies to help tolerate emotional crises and intense emotions, including examining the pros and cons of enacting destructive behaviour.

Distress Tolerance Skills-Building Group



This group is not an interactive support group and is not a substitute for individual therapy. Participants are expected to attend regularly and complete weekly homework assignments.

***For more information on the start date
and to register please contact:***

**Providence Care
Personality Disorders Service**

613-542-8344

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