

medicare

Mental Health Centre
Northern Adelaide

Doing better together.

Learn DBT skills in a supportive, welcoming group.

DBT (dialectical behaviour therapy) helps people change unhelpful thought patterns and manage life's ups and downs.

Join us for 6 sessions to learn key DBT skills:

- **Mindfulness:** Gain greater awareness of your thoughts and emotions.
- **Distress tolerance:** Build resilience to cope with difficult situations.
- **Emotion regulation:** Learn to manage and express your emotions in healthy and constructive ways.
- **Interpersonal effectiveness:** Learn how to ask for what you want, say no, and manage conflict.

Where

Sonder Edinburgh North
2 Peachey Road, Edinburgh North

Express your interest

We're running regular sessions on Tuesdays during the year.

Complete our online form and we'll contact you to book a time that works.



 qrco.de/bfz95P

Select **Group Work** for Q22 and **Dialectical Behavioural Therapy** for Q23

For more information, contact us

 1800 565 774

 medicarementalhealth@sonder.net.au

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