

Led by Amallie De Fonseka, MSW RSW

September 2025

This 12-week Dialectical Behaviour Therapy (DBT) skills group is designed to help adults strengthen their interpersonal relationships, develop healthier boundaries, and improve emotional regulation in a safe, supportive environment.

Start Date: Wednesday Sept 17th at 7pm (EST)

Recurrence: Weekly for 12 weeks

Cost: \$60/session

Who is it for?

Adults seeking to improve communication, connection, and emotional wellbeing in their relationships.

Format:

- Online (secure video platform)
- Weekly 1-hour sessions
- Small group (max. 8 participants)
- Includes emailed handouts and group materials

Topics Covered:

- Assertiveness and boundary setting
- Emotion regulation and distress tolerance
- Mindfulness and interpersonal effectiveness
- Relationship repair and self-compassion

Getting Started:

Participants are required to meet individually with our facilitators prior to joining the group to ensure fit and readiness.

Interested in joining or referring a client?

Contact us:  info@onlinetherapycentre.com  416-275-3139  www.onlinetherapycentre.com

