

# DBT Skills Parent Series

*A School District 60 Initiative*

Emotional Regulation, Distress Tolerance, Mindfulness, Communication Skills



This four part series will give parents an introduction to Emotional Regulation, Distress Tolerance, Mindfulness and Positive Communication - the four components of the DBT in Schools Program.

The curriculum was developed to teach practical skills to help children and teens cope with stress, to solve problems effectively, and to build healthy relationships. Participants will have the opportunity to learn, practice and share new skills.

**Co Facilitators:** Brenda Birley and Kari Fortais

**Dates:** This is a 4 session series held April 12, 19, 26 and May 3.

**Times:** 7:00 - 8:00pm

**Location:** Zoom

**Target Audience:** Parents, Maximum enrollment of 15.

**Register:** Email [bbirley@prn.bc.ca](mailto:bbirley@prn.bc.ca)