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**NEED
SKILLS TO
COPE WITH
COVID-19?**

DBT

Join us for a weekly web-based
DBT skills class where you will
learn **MINDFULNESS,**
INTERPERSONAL
EFFECTIVENESS, EMOTION
REGULATION, & DISTRESS
TOLERANCE

SKILLS

**WEDNESDAYS
(STARTING MAY 6)
3:30-4:30**

T

Contact Seven Oaks School Division Educational
and Clinical
Support Services at 204-582-3383 or email
lyana.hoydalo@7oaks.org or shira.cohen@7oaks.org

