

# DBT Skills group for women

starting from  
September 15th  
every Friday at 4pm

IN URDU

## DISCUSSION TOPICS INCLUDED

Mindfulness

Emotion Regulation



Distress  
Tolerance

Interpersonal  
Effectiveness

with Registered Clinical Counsellor  
Mehreen from AT PEACE  
COUNSELLING  
[www.atpeacecounselling.ca](http://www.atpeacecounselling.ca)  
to register contact  
[gary@movingforward.help](mailto:gary@movingforward.help)

