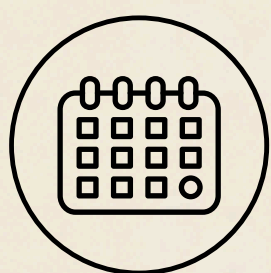


6-Week DBT Family Skills Group

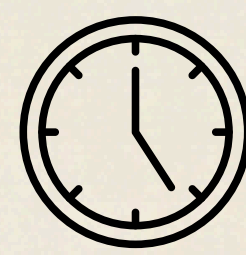


**You love your child. You want to help,
but sometimes don't know what to do.**

Our virtual group supports parents of adolescents and adult children in learning how to reduce conflict, set healthy limits, manage distress, and build stronger, more connected relationships.



**Tuesday Evenings
Nov 3rd - Dec 8th, 2026**



7:00pm - 8:30pm

Learn skills to:

- decrease conflict and emotional distress
- know how and when to set healthy limits
- communicate more effectively
- improve your relationship without losing yourself



The group is facilitated by Stephanie Kerr, MSW, RSW.

To register or ask any questions, please email info@wisedbt.ca or call us at **289-335-0245**

• Fee: \$600/family (\$100 each session)

*Spaces are limited

Support for parents. Skills for difficult moments. Hope for stronger relationships.