

**WHO:** Ages 13 to 16

**WHAT:** CALM Plan (DBT Skill Building)

**WHERE:** 19 Thorne St. in Downtown Galt  
(Nexus Building Centre)

**WHEN:** Thursdays from 5:30 to 7:00 p.m.  
February 3<sup>rd</sup> – March 24<sup>th</sup>, 2022

**WHY:** The **CALM Plan** is designed to help improve emotion regulation, distress tolerance, and interpersonal relationships in young people. This skill building intervention is based on a combination of Dialectical-Behavioural Therapy (DBT) and mindfulness strategies to increase “tools in one’s toolbox.”

**FACILITATORS:**

Katie Quinlan, M.A., Ph.D. Candidate &  
Dr. Natasha Whitfield, Ph.D., C.Psych., Registered Psychologist

# CALM PROGRAM

## 8-Week In-Person DBT-Informed Group

*\* Timelines may change based on interest and public health measures.*



**COST: \$840.00 \***

*\* Please check your extended healthcare benefits for coverage.*

### TO REGISTER:

☎ : 226-600-4712  
✉ : [intake@cpbs.ca](mailto:intake@cpbs.ca)  
🌐 : [cpbs.ca](http://cpbs.ca)

