

# DBT Graduate Skills Group

## Online Group

Wednesdays, 4:30 PM - 6:30 PM

Starting January 14, 2026 | 13 Weeks

**Rolling Admission**

### Who Could Benefit?

Individuals (18+) who are located in Ontario and have completed at least one full round of a DBT Skills Group (minimum 6 months) and wish to continue strengthening their skills in managing distress and the challenges of daily living. This group offers ongoing consultation and skills refreshers with a special focus on building mastery and increasing compassion towards themselves and others. Clients will be encouraged to bring agenda items, collaboratively prioritize and set the agenda, and consult with one another with support and guidance from group leaders. The group is designed to help clients work towards their life-worth-living goals in areas such as education, work, relationships, spirituality, health, sexuality, and sobriety.

### Fee Schedule:

Group sessions are \$140/2-hour session and are to be paid for by credit card for the duration of the group.

Clients will be charged if they are a no-show to a group. An absence is considered a no-show if less than 48 hours notice is given.

### How to Register:

**BOOK A DISCOVERY CALL**

to provide your contact information,  
learn more and reserve your spot.



Facilitated by  
Jane Cunningham, MSW, RSW  
& Dr. Adam Iskric, Ph.D.,  
C.Psych. (Supervised Practice)