

Coping Skills for Change 13-Week Group Inclusion and Exclusion Criteria

Inclusion Criteria:

- Age 18 and up
- Resident of Halton Region, including Burlington
- Self-identify with any of the following:
 - Depression,
 - Anxiety,
 - Emotion dysregulation challenges
- Willing and able to commit to 13 group sessions with mandatory attendance and homework completion. Please note that 2 consecutive missed sessions or 3 sessions missed in total will lead to not being able to continue with group
- Have access to reliable internet access, a device with a camera that has Zoom capabilities and a private confidential space to participate in virtual group*
**virtual group requirement only*
- Working knowledge of how to use Zoom*
**virtual group requirement only*

Exclusion Criteria:

- Client is currently experiencing a psychotic episode or living with a psychotic illness
- Client is currently experiencing a manic episode
- Client has barriers to group engagement (e.g., housing crisis, has difficulty attending group without being under the influence, at risk of withdrawal while in a group session, etc.)
- Client has attempted suicide within last 90 days
- Client is reporting current intention for suicide