

# Coping Skills for Change

## 12-Week DBT Skills Group

### Spring 2026

A free virtual, or in person group to help you learn mindfulness, skills to improve your relationships, strategies to improve overall wellness and how to cope with challenging emotions.

**Choose- from one of two Spring 2026 sessions:**

Wed April 8 to June 24 1:30 - 4:00 pm - Virtual

Thurs April 9 to June 25 1:00 - 3:30 pm \*

\*This group is in-person at CMHA Oakville office 1540 Cornwall Road

**Referral Pathway opens February 19 via onelink  
email [one-link@haltonhealthcare.com](mailto:one-link@haltonhealthcare.com) ph. 905 338 4123**

Accepting referrals until March 21, or until full

Questions: [copingskills@cmhahrb.ca](mailto:copingskills@cmhahrb.ca)



Canadian Mental  
Health Association  
Halton Region Branch  
*Mental health for all*