Canadian Mental Health Association
Halton Region Branch
Mental health for all

Coping Skills for Change

12-Week DBT Skills Group - Winter 2027

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 three Winter 2027 sessions:

In Person-Tuesdays 6:00 - 8:30 pm January 12 - March 30*
Virtual-Wednesdays 1:30 - 4:00 pm January 13 - March 31
In Person-Thursdays 1:00 - 3:30 pm January 14 - April 1*

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

Referral Pathway opens October 26
via Central Intake /onelink
email one-link@haltonhealthcare.com or
visit onelink at www.one-link.ca or
call ph. 905 338 4123
indicate you are self referring to this group

one-Link
Connecting you to addictions and mental health services

Accepting referrals until full

Questions: copingskills@cmhahrb.ca