

Step into wellness with Dialectical Behaviour Therapy Skills

Learn distress tolerance, mindfulness, emotion regulation and interpersonal effectiveness skills online; both virtual facilitated classes and do at your own pace.



Affordable DBT Therapy with Dialectical Living

Get help with:

- emotion dysregulation
- relationship problems
- problem behaviours
- self-harm
- communication skills



Get in touch!

647-573-3287

info@dialecticalliving.ca

- live online groups
- easy sign up
- subsidies available
- FREE aftercare



Dialectical Living

www.dialecticalliving.ca