

DBT Skills Training

Join the Peterborough Drug Strategy and the Question of Care project for a two-day interactive training workshop practicing **Dialectical Behaviour Therapy** (DBT) skills and tools. Explore ways to integrate DBT skills into your workplace and practice.

Choose one of three sessions.

All sessions will be held at the Peterborough Lions Centre (347 Burnham Street) from 9 a.m. to 3:30 pm over 2 days.

Facilitated by: Cheryl Robinson (FourCAST)

A Registered Psychotherapist with over 12 years experience working in the addiction and mental health field.

\$60

Register at:
questionofcare.com

For more information email:
qoc@peterboroughdrugstrategy.com

Oct
30-31

Nov
14-15

Dec
6-7

PETERBOROUGH
**DRUG
STRATEGY**

a question
of care

questionofcare.com