



McMan

Family Resource Network Okotoks Presents:

# DEVELOPING BETTER TOOLS FOR LIFE

## A DBT SKILLS TRAINING GROUP

**AGES 16-24**

July 6- September 7

2:30 PM-4:30 PM

Monday's

**Are you looking for a fun and interactive way to connect and learn new skills?**

**This group will help you:**

- Understand yourself and others better
- Control your emotions
- Manage stress
- Build better relationships
- Learn to live in the present
- ... and much more!

**CONTACT MABEL TO REGISTER**  
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403-519-4026



This group will be offered virtually  
Each youth will require a device with internet access