Restorative Wellness Project
Culturally & Spiritually Enriched Groups

RestorativeCounselling

ONLINE CLINICAL GROUPS Fall/Winter/Spring 2020 - 2021

	New - Youth/ Young Adult Day!	Admin & Apts	DBT Group Day		Compassion Fridays
	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	**DBT AM** **(Dialectical Behaviour Therapy Skills Training)** ***Overflow group Oct/Nov Start 9:30-12** **KB /DB/ LF/AJB** Elder: TBD Rabbi, Calvin, Diego, Geraldine		**DBT AM** **(Dialectical Behaviour Therapy Skills Training)** **9:30-12** **KB** /AJB/DB Elder: Tim S Rabbi, Calvin, Diego, Geraldine	**MBRP or MSC AM** **(Mindfulness-Based Relapse Prevention)** ***Overflow group** **9:30-12:30** ***KB /AJB/ DB*** Elder: Geraldine	**NEW!** **Sweetgrass Teachings** **(Early Morning Coffee)** **7:15-8:15am** **MSC AM** **(Mindful Self-Compassion)** **9:30-12:30** Elders: Vi, Stephanie **KB** /AJB/DB
AFTERNOON			**DBT Afternoon Group** ***Overflow group** 1:30-3pm **KB,** CL, AJB/DB Elder: Violet		
EVENING	**DBT Young Adult** (Dialectical Behaviour Therapy Skills Training) **Active** *4:30-7pm* ***DB,*** *AJB/KB* Shaman: Diego		**DBT Skills (Evening)** (Dialectical Behaviour Therapy Skills Training) **Active** *4:30-7pm* ***DB,*** *NP, AJB/KB* Elder: Chief Calvin	**MSC** Evening (Mindful Self-Compassion) **Active** *4:30-7:30pm* *NP/KB/DB* Elders: (Geraldine/ Stephanie)	

DBT = Dialectical Behaviour Therapy (Linehan) Full fidelity offering (4x 1 month modules = 16 weeks total)

MBRP = Mindfulness-Based Relapse Prevention Training (8 -10 weeks)

MSC = Mindful Self-Compassion Training (8 -10 weeks)