

# Distress Tolerance Skills Group

This seven-week program will help you develop healthy strategies to cope with stress and distress, and to recognise and cope with emotions.



This program is suitable for people who:

- find emotions uncomfortable
- fear emotions
- engage in unhelpful behaviours to avoid emotions

You will develop skills for:

- when you are at your breaking point
- tolerating negative emotions
- making it through difficult situations
- making wise/helpful choices
- self-soothing
- for acknowledging and moving forward

Location	Date and Time	Cost
Gateway Health 45-47 MacKay St Wangaratta	Wednesdays 2nd August - 13 October 1pm - 2.30pm	\$35 (including the 7 sessions and a printed workbook)

## Contact us

For enquires and to register your attendance, please call the Gateway Health Psychology Clinic 0436 310 766 or email [info@gatewayhealth.org.au](mailto:info@gatewayhealth.org.au).

**Bookings are essential**



[gatewayhealth.org.au](http://gatewayhealth.org.au)

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People living well

Please note this information is valid as at 13 July 2023.