



Tower Hamlets Perinatal Mental Health Service

# Emotional Coping Skills Group

Join us online for a women's support group with a focus on Dialectical Behavioural Therapy (DBT).

Topics include mindfulness, emotional regulation, interpersonal effectiveness and distress tolerance.

- 8 weekly sessions
- Starting Monday 6th February 10:00-11:30am
- Virtual sessions via Zoom

(link to be shared upon registration)

For further information on how to book onto the group, please contact Edina (Occupational Therapist) on 07435 734 135