Developmental Disabilities Mental Health Services'

Groups

for adults with a mild Intellectual Disability

DEALING WITH FEELINGS OF ANXIETY OR DEPRESSION

For people experiencing anxiety, sadness, worry, stress, or emotional distress. Participants learn practical coping skills and connect with others who may have similar experiences. Topics may include coping through deep breathing, using imagery, aromatherapy, music and mindfulness to assist with difficult feelings.
There are 6 group sessions, 1x/week

KEEPING UP WTIH WITH FEELINGS OF ANXIETY OR DEPRESSION

A follow-up group for people who have completed the Dealing with Feelings of Anxiety or Depression group and would like ongoing support and practice using their coping skills.

There are 8 group sessions, 1x/week

HEALTHY RELATIONSHIPS AND SEXUAL HEALTH

This group allows participants to learn about friendships, dating, healthy relationships, bodies, gender, consent, sexual health, safety, sex, childbirth, contraception, and the difference between public and private behaviours. Because of the personal nature of the topics discussed participants may choose whether or not to have a support person attend this group.
There are 9 group sessions, 1x/week

GRIEF AND LOSS

For people who have experienced the death of a loved one or another significant loss. Topics include remembering loved ones, understanding feelings of grief, adjusting to change, understanding the details of the death, how their individual beliefs affect their thoughts, anger, and finding ways to stay connected to important memories.
There are 9 group sessions, 1x/week

BUILDING EMOTIONAL RESILIENCE (MODIFIED DBT)

For people who experience intense emotions, emotional ups and downs, self-harm, frequent crises, or difficulties managing relationships. Suitable for those with Borderline Personality Disorder or traits of BPD. This is the only group that may accept participants who are currently experiencing suicidal thoughts, but those participants must have a safety plan and an outside clinician involved in their care.
There are 16 group sessions, 1x/week

KEEPING IT COOL WITH ANGRY FEELINGS

For people who find situations difficult to manage without getting angry. Participants learn to recognize triggers, understand their emotions, and use safe, effective strategies for expressing anger. Topics include recognizing early warning signs of anger, calming strategies, problem-solving skills, and communicating needs respectfully.
There are 6 group sessions, 1x/week

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Questions?
call 604-777-8475

- **People need not live in the areas where groups are provided.**
- **All groups are free and run by at least two professionals from DDMHS.**
- **Please see associated form for details, criteria and registration information.**