

DBT Skills Training for Veterans

Practical skills for steadier emotions, difficult moments, and stronger relationships

DATES	TIME	LOCATION	FACILITATORS
Oct 19, 2026 - Feb 8, 2027 No class Dec 21 & Dec 28	Mondays 9:30 - 11:30AM PT	Online on Zoom	Dr. Zoey de Domenico, Psychologist Dr. Leah Chadwick, Psychologist

WHO MAY BENEFIT

Designed for veterans who would benefit from practical, structured support for:

- **Emotion regulation:** understand emotions, reduce vulnerability to painful emotions (e.g., anger, guilt, shame), and increase positive experiences
- **Distress tolerance:** get through crises and strong urges without making the situation worse; let go of unnecessary suffering
- **Mindfulness:** recognize when you're becoming activated, ground yourself in the present, and create space to choose how you respond; increase opportunities to experience joy, interest, achievement, safety, and connection
- **Interpersonal effectiveness:** identify and communicate what you need in ways that maintain and enhance your relationships; manage conflict effectively; and respond in ways that align with your values in important relationships

HOW THE CLASS WORKS

- A structured, didactic skills class delivered online
- Each skill is taught and practiced during the session
- Participants practice the skill between sessions
- Practice and real-life application are reviewed at the next session

PARTICIPATION REQUIREMENTS

- Clients must be a military/RCMP veteran with an approved claim with VAC (for direct billing)
- Clients must have a primary therapist - a social worker, psychologist, counsellor, or psychiatrist - whom they see for at least 1 hour each month for the duration of the group
- This class is not a replacement for individual therapy. The primary therapist remains responsible for the client's individual treatment, ongoing risk assessment, safety planning, and crisis support
- This is a closed 15-session group, meaning no new participants will join once the group begins. Because the skills build from week to week, clients must commit to the full program and are expected to attend all 15 sessions. Up to 2 absences can be accommodated. Additional absences will be charged to the client.

THE CLASS IS NOT APPROPRIATE FOR

- Clients who are actively suicidal
- Clients who require a higher level of care, intensive monitoring, or crisis stabilization

COVERAGE

- Available to veterans; Cove Centre direct bills Medavie Blue Cross

WANT TO REFER A CLIENT?

1. Clinician Referred - Email us at info@covecentre.ca or fill out our contact form on www.covecentre.ca to arrange a brief, de-identified consultation about whether the class may be appropriate for your client. If it appears to be a potential fit, ask your client to contact Cove Centre directly through www.covecentre.ca and note who referred them to the group. We will arrange a 30-60-minute screening meeting with the client to confirm appropriateness, review the class structure, and review and complete consent when appropriate.

2. Self-Referred - Email us at info@covecentre.ca or fill out our contact form on www.covecentre.ca and let us know you're interested in participating in the group. We will arrange a 30-60-minute screening meeting with you to confirm appropriateness, review the class structure, and review and complete consent when appropriate.