

Our Mission:

To make **accessible to all**, skills that **promote social-emotional well-being** and the **development** and **maintenance** of **meaningful** and **effective relationships**.

Our Facilitators:

Our passionate facilitators can relate and aim to make valuable DBT skills accessible to everyone through online and in-person workshops.

They provide engaging presentations, personal anecdotes, and practical insights from their personal journeys and professional experiences with DBT.



Rosanna Ruppert



Kelly Maxwell



Susan Mukanik

If you're an educator, scan the QR code for upcoming workshops. For everyone else, please contact SILA Skills for additional information.



Overall I learned a lot of really useful skills that I know I will continue to use in my own life as I work towards greater self-awareness. Practicing these skills has made me better able to have difficult conversations with others and approach situations with less judgment.

~Workshop Participant~



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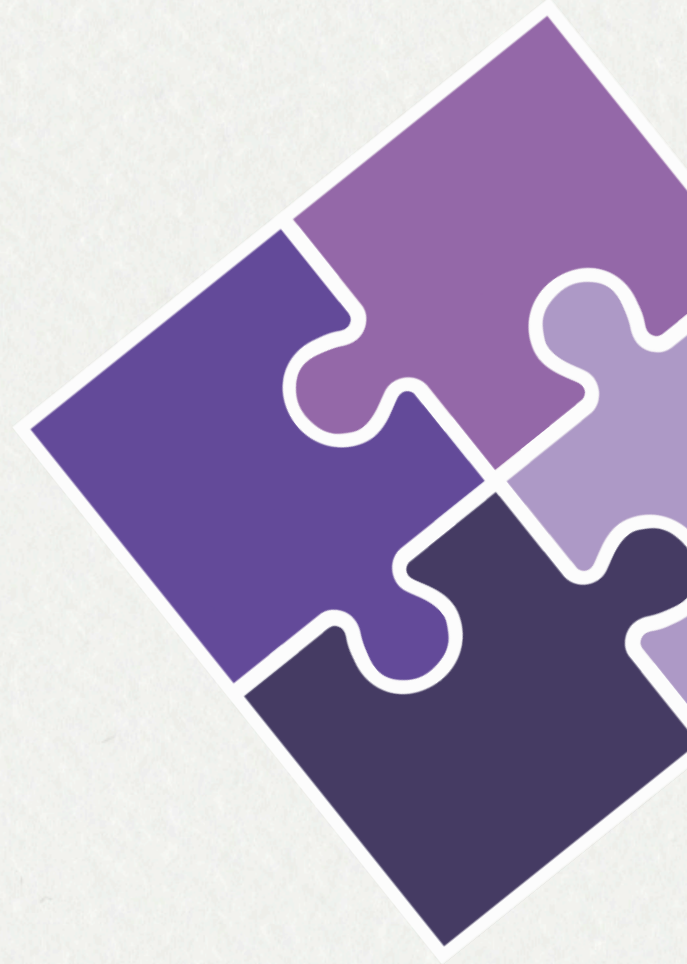
@SILAskills



The SILA Skills Group is a Canadian federally incorporated, not-for-profit corporation that believes in building mental health resilience by fostering supportive, validating, and respectful environments.

SILA Skills

SKILLS IN LIFE FOR ALL



Workshops to Build
YOUR Mental Health
Resilience

Do you work in...

- Education
- Healthcare
- Mental Health
- First Response
- High-Stress environments

Are YOU or is someone you work with feeling...

- ineffective
- disconnected
- easily frustrated
- overwhelmed
- misunderstood
- hopeless

... and wonder, "Why do I respond the way I do?"

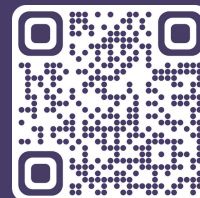


SILA Skills workshops teach skills based on DBT

These workshops extend Dialectical Behavior Therapy's (DBT) adaptability well beyond clinical environments, teaching individuals how to:

- **Understand** and **connect** with their own emotions, **enabling effective support** for others.
- Approach **strong emotions** with **compassionate curiosity**.
- Recognize **ineffective reactions** and adopt **improved response strategies**.
- Develop **practical methods** for effective **self and interpersonal engagement**.
- Access skills **when needed**.

Check out our catalogue of amazing learning opportunities.



A SILA Skills Workshop offers a framework for:

- **leadership development**
- **conflict resolution**
- **de-escalation**
- **fostering a supportive work environment**

All while enhancing:

- **workplace culture**
- **communication**
- **employee well-being**

SILA Skills workshops are tailored to benefit **individuals** and **groups** alike. We offer **customized training** that integrates DBT skills into everyday life. This approach enables participants to **confidently navigate** both personal and professional challenges.

By applying these skills, individuals can **enhance their resilience, stress-management techniques, and build healthier relationships**.