



PROJECT  
**L'Chaim**  
PROMOTING TEEN MENTAL HEALTH IN VANCOUVER

Sponsored by the  
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Steven Diamond ז"ל



ב"ה

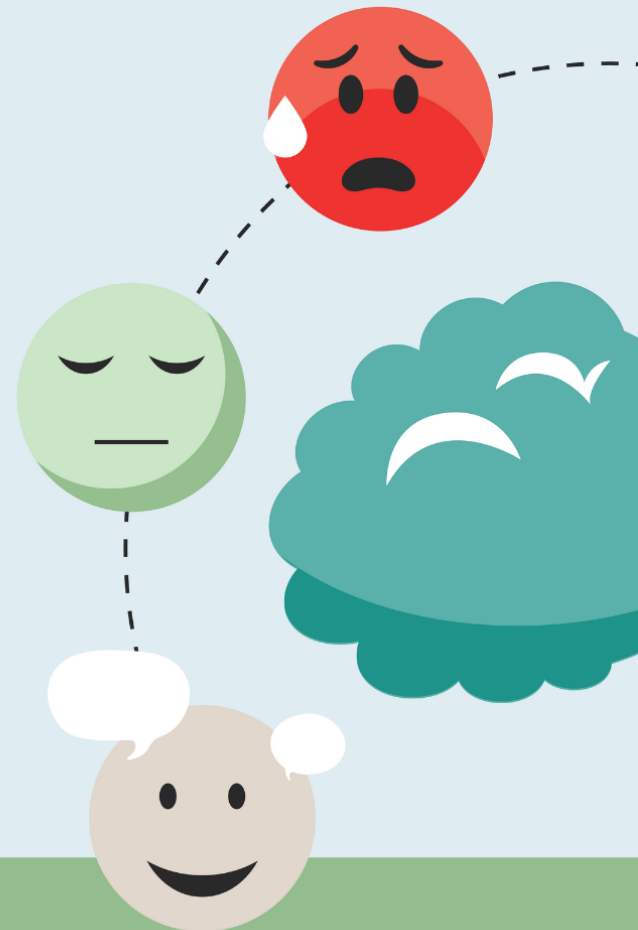
# Emotion Regulation Skills

The How-Tos of Effective Validation



**A PRESENTATION BY**

Dr. Alec Miller, co-developer of DBT for teens,  
on how to model and teach the essential  
skills for emotional problem-solving



**Thursday, March 16, 2023**  
**5:00–6:30 p.m. PDT**  
**Live on Zoom**

*Produced by The Wellness Institute,  
a division of the Rohr Jewish Learning Institute (JLI)*