



# ACT for Anxiety and Depression

## Acceptance & Commitment Therapy Skills Group

This is a 4 week group program (6-10 participants) for the treatment of Anxiety and Depression. We will explore the foundations of Acceptance and Commitment Therapy (ACT) for people experiencing low to moderate anxiety and depression.

This program aims to empower people to learn resilience skills to better cope with life's challenges.

- Build your 'toolbox' with powerful and practical strategies
- Learning fun, evidence based tools to manage your thoughts, feelings and behaviours
- Exploring what is important (values) to you
- Move towards a rich, healthy and meaningful life
- Learn mindfulness to improve your quality of life

This group can be accessed on its own, or with the possibility of individual counselling under the Psychological Strategies program through EACH.

### What to bring: yourselves and an open mind!

<b>Where:</b>	<b>EACH</b> 2 Capital City Boulevard Westfield Knox Ozone Wantirna South 3152
<b>Starting Dates:</b>	<b>Monday 22 January 2018 - 2:30pm – 4:30pm</b> <b>Monday 26 February 2018</b>
<b>Commitment:</b>	4 weeks
<b>Cost:</b>	<b>FREE*</b>
<b>How to Refer:</b>	contact Psychological Strategies team on (03) 8892 4200 or Email <a href="mailto:psintake@each.com.au">psintake@each.com.au</a>

\*Please note – in order to attend this group, all participants will need to have a Mental Health Care Plan from their GP

This service is supported by funding from the Australian Government under the PHN Program.