



STARTS
THURSDAY
**17th
Feb**

Acceptance & Commitment THERAPY GROUP

Acceptance and Commitment Therapy (ACT) is an evidence based program ideal for those experiencing anxiety and depression. In this therapeutic small group, you will develop skills to experience your thoughts, feelings, and emotions in a flexible manner in order to live an enriched life.

- ▶ Held weekly on **Thursdays** from **10am to 12noon** over **8 weeks**. Bookings essential, with no cost to participate

Facilitated by Fiona Clark

For bookings or more information, please call (03) 5485 5800



Echuca Regional Health

WELLBEING & PRIMARY
MENTAL HEALTH DEPARTMENT