



Living Mindfully & Meaningfully

Acceptance & Commitment Therapy Group

This is a 6 week group program for the treatment of Anxiety and/or Depression. We will aim to empower you to learn valuable skills to better cope with life's challenges.

- Build your 'toolbox' for managing difficult thoughts and feelings
- Learn fun, evidence-based tools to manage thoughts, feelings, and behaviours
- Explore what is important to you and what you value
- Move towards a colourful and meaningful life
- Learn mindfulness to improve your life

What to bring: You and an open mind!

When: Wednesdays, starting **2nd May, 2018** (for 6 weeks)

Where: EACH suites 2&3, 26-28 Prospect Street, Box Hill 3128

Time: 3:00pm to 4:30 pm

Cost: **FREE** (with a current Mental Health Care Plan from your GP)

How to Refer: Contact Psychological Strategies Intake on (03) 8892 4200 or Email psintake@each.com

We look forward to hearing from you!

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