



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, 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: Fridays from 4th May 2018 (for 6 weeks)

Where: EACH Epping Community Hub, 713 High Street, Epping 3076

Time: 3.30pm to 5.00 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!

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