



Get in on the ACT

Acceptance and Commitment Therapy (ACT) Group

ACT is an evidence based treatment for depression, anxiety and other difficulties. Together we will learn and practice to:

- Be open to painful emotions and difficult thoughts
- Step back from our thoughts and learn to unhook from them
- Keep our focus on the present
- Live by our values

You will receive concrete strategies and exercises you can start using right away so you can **have your feelings and live your life too.**



Thursdays

October 12 - November 30



ZOOM



9:30 a.m. - 11:30 a.m.



To register call Danielle at 905-723-0036 x 1216



www.durhamchc.ca

1-877-227-3217

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