





ACCEPTANCE & COMMITMENT THERAPY WORKSHOP SERIES



Struggling with anxiety? Learn to be fully present, to be engaged in the moment, and to more effectively deal with life's challenges.



Feeling stuck? Learn to get out of your head, to take effective action based on your values, and to create a meaningful life.



SERIES DATES

SEPTEMBER SERIES: WEDNESDAYS 10:30 AM - 12:00 PM

OCTOBER SERIES: THURSDAYS 2:30 - 4:00 PM

This is a 4 workshop series based on Acceptance and Commitment Therapy (ACT):

1. Be Here Now (Mindfulness)
2. Open Up (Allow Room for Your Reactions)
3. Know What Matters (Values)
4. Do What it Takes (Action).

For more information, please contact -
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Center for Counseling & Psychological Services

