ESSENDON
PRIVATE CLINIC
Melbourne's Inner North-West Mental Health Hosp

Acceptance & Commitment Therapy (ACT)

Emotional Regulation, Anxiety & Depression

Group Day Program

Join our 8 week ACT Outpatient Program at EPC!

We'll be covering:

- Acceptance of Thoughts & Feelings
- Emotional Regulation
- Cognitive Diffusion
- Values-based Living
- Committed Actions
- Psychological Flexibility
- Sensory & Somatic-based Activities
- Mindfulness & Grounding
- Self-Care & Wellbeing

When: Fridays weekly 9:00am - 2:30pm

Duration: 8 weeks

Facilitator: Emma - Senior Mental Health OT

Cost: Covered by Private Health Insurance

Catered lunch provided.
Limited spaces available.

Phone Number:
(03) 9337 9577

Location:
35 Rosehill Rd Essendon West VIC 3040

Open for referrals now - email epcoutpatients@machealth.com.au