



# GROUP

## FAITH & ACT-ION

**Support Group based on ACT (Acceptance, Commitment Therapy) technique, Coupled with Christian Faith.**

Do you suffer from emotional challenges or mental illness? If so, please join us in our 6 week Support Group starting the third week of October 2018. Two hours, one evening per week for five weeks, and one last 4 hour session on a Saturday morning.

*The following keys may help you break free from mental shackles*

- Introduction to Understanding ACT (We'll discuss an example and review theory and practice).
- Learn about Defuse and Accept
- Being Present and Understanding the Self
- Defining Values and Setting Action Goals
- Review the Six Principles of ACT (Acceptance, Commitment Therapy) and how to use these tools to help shape who you want to be, and how you would like your life to develop by taking charge of what you can control and letting go of what you cannot.

**\*\*\*All Faiths Welcome / Space Limited\*\*\***

**Please contact us for more information on starting date/time, and how to reserve your space.**



**Free 6 week  
Support Group**

**\*P/Session Donations  
accepted/encouraged\***

**You cannot miss this  
opportunity to**

**...Increase  
psychological  
flexibility and the  
ability to engage  
more fully in the  
present moment.**

**Learning how to  
clarify life values and  
what is truly  
important and  
meaningful in life.**

**BETHESDA CENTER  
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