



# OCTOBER 2017

## ACCEPTANCE AND COMMITMENT THERAPY: EXPERIENTIAL ADOLESCENT GROUP

**A Shared Space to work together.**

This is a four week program for adolescents to introduce them to the experience of ACT or **Accept, Choose and Take** action. This program will give young people a way to understand how they can live life in a way they value the most. It will also teach them about how the mind works and how we learn from our experiences. The aim of the program is to use experiential mediums, to facilitate teenagers' experience of the ACT concepts. This program is suitable for adolescents aged (13-18y)



**Suitable for  
Adolescents aged  
13-18years**

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**Don't be SHY! –  
its fun**

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**Experiential  
Group 2hrs pw for  
4 weeks - Start  
7/10/2017**

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**Explore your own  
experiences  
without getting  
caught up in  
language.**

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**CURIOS? CONTACT  
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Starting 7<sup>th</sup> October 2017  
2hrs 4 wks