



ACCEPTANCE AND COMMITMENT THERAPY

institute for *girls'* development®

Weekly Therapy Group For College Age Young Women

Change your relationship with depression and anxiety.

Acceptance and Commitment Therapy (ACT) is a form of therapy which helps you relate differently to your anxious feelings, depressed moods, worrying mind, self-defeating behaviors, and/or anything else that causes you problems. The aim of ACT is to limit the ways these challenges run your life.

This six-session group is for college-aged young women who want to encounter depression and anxiety differently and pursue a full and meaningful life

For more information please contact us at 626-585-8075, ext. 108.

Empowering girls & women for life * 626-585-8075 ext. 108 * InstituteForGirlsDevelopment.com

Melissa J. Johnson PhD (PSY 13102)