

What if you could be...

Overwhelmed - but not give up?

Anxious - and still be brave?

Angry - without regrets later?

GET IN ON THE ACT THIS SUMMER

Acceptance and Commitment Therapy (ACT) Group:

A new virtual offering from the UNCG Psychology Clinic



What is ACT?

Acceptance and Commitment Therapy (ACT) is an evidence-based treatment for depression, anxiety, and other difficulties. With ACT, you'll develop your ability to have challenging *inner* experiences, and still make choices you value in the *outside* world.

Easier said than done, right? That's why we're here! Each week, you'll get an exercise to practice, and tips on how to use what you're learning in your everyday life.

Email or call today:

Group leader Joe Sircar

336-334-4954 ext. 4

jksircar@psyclinic.uncg.edu

- **Group sessions led by UNCG Psychology Clinic therapists**
- **Concrete strategies and exercises you can start using right away**
- **Personalized guidance and feedback**

Where: Our secure online platform + your webcam, anywhere in NC

When: Six weekly sessions, date & time TBD

How much: \$10/session, or \$50 one-time fee

Who: A screening session will determine fit

Have your feelings and live your life too.