

Intercept and CYMHS present

ACT with ART

Learn ways to handle difficult thoughts and feelings while expressing yourself through art

This group is open to young people aged 14 – 17 who may be experiencing early signs of depression and anxiety. It is a gentle introduction to the principles of Acceptance and Commitment Therapy (ACT), a recognised and effective way of dealing with difficult thoughts and feelings.

This group runs for eight sessions that are one hour.

You don't need to have any art skills, or be arty in any way, to take part.

How to register

Call Intercept on **07 5428 1684**
or email sarah.souter@lccqld.org.au for an enrolment package

Note: places are limited.

