

Acceptance and Commitment therapy
based

Mindfulness Skills Practice

Weekly Group

Starting Monday 2nd March 2020

From 11am to 12.30pm

Sessions introduce

The concept of ACT based mindfulness

A range of in-session Mindfulness exercises

Everyday mindfulness practice techniques

Growing Self compassion with mindfulness



Fee: \$50 per week

A Medicare rebate may be available through the group MHCP referral from your Doctor. Medicare Item Number 80120 (approximately \$22 per session) *Eligibility criteria can vary. Call us for further information.