



ACCEPTANCE AND COMMITMENT THERAPY (ACT)

8-WEEK VIRTUAL ACT GROUP

Have you been feeling stuck? This group is based on a well-researched approach to help individuals facing physical, cognitive, and/or emotional challenges to reduce suffering and start making moves towards living a life worth living. The program aims to develop skills for unhooking from painful thoughts and feelings through a variety of exercises and mindfulness techniques. Furthermore, we will hone in on the values that you stand for in life, and support group members in taking actions that align with these values through the ups and downs of life.



Reduce struggle

Enact change

Make room for pain

Build self-compassion

Connect to the present

Increase meaning

**BWH CENTER FOR BRAIN AND MIND MEDICINE
RENEW PROGRAM**

Zoom Group

8 sessions

Mondays 12-1p

For more info please contact:

brainhealthgroups@bwh.harvard.edu

617-525-9108