ACT GROUP
Action-Based Skills Group

WHEN: TUESDAYS FROM 5:30 – 7:00 PM WEEKLY
WHERE: SIUC CLINICAL CENTER – WHAM 141

Have you been...
• Feeling overwhelmed with difficult feelings and thoughts?
• Struggling to find helpful coping skills?
• Unclear about what is most important in your life?
• Experiencing decreased motivation to actively engage in your life?

This Group offers...
• Support
• Education (i.e., learning how thoughts and emotions impact behavior)
• Coping Strategies, including different ways to relate to your thoughts and emotions
• Ways to reconnect with the things you value and find meaningful
• Help you take concrete steps towards living a more vital life

FOR MORE INFORMATION CONTACT: DR. HOLLY CORMIER AT (618) 453-2361