ACT GROUP
ACTION-BASED SKILLS GROUP
TUESDAYS FROM 5:30 p.m. – 7 p.m. WEEKLY
SIU CARBONDALE 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.

Contact Amber Drake – amber.drake@siu.edu or call the Clinical Center at 618/453-2361 for more information.

Individuals with disabilities are welcomed. Call 618/453-5738 to request accommodations.