



Acceptance & Change Program

A 13-week skill building program to help individuals cope with overwhelming thoughts and emotions, reduce suffering, and make changes to lead a valued life.

A skills program based on the principles and tools of
Dialectical Behaviour Therapy (DBT)

Learn how to:

- Reduce unhelpful judgments
- Tolerate distress
- Regulate emotions
- Enhance interpersonal communication
- Create meaning in your life
- Develop mindfulness practice



Contact counsellor & facilitator, **Bree Rhodes**, of
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