

Mindful Change

An Acceptance & Commitment Therapy (ACT) Group



TO REGISTER
LRCOUNSELLING.CA 250-619-0363

Are you . . .

- ▶ Struggling with uncomfortable thoughts, feelings, sensations or urges?
- ▶ Using coping strategies that aren't working and costing you time, energy, money, health, vitality or close relationships?
- ▶ Drifting through life or feeling stuck in a rut unsure how to move forward?

With **Mindful Change** strategies you will learn mindfulness, acceptance, and how living your values can support making positive changes. In formal feedback gathered from past participants all reported some life improvement by the end of group.

What do participants say?

"I feel inspired to live mindfully and to be less stuck in fear and anxiety."

"I am aware of my thoughts and have skills to help me move toward a more meaningful life."

Acceptance and Commitment Therapy (ACT)

has been increasing in popularity due to its research-supported success for treating these and other psychological issues.

- stress and anxiety
- depression and anger
- chronic pain or health conditions
- substance use
- quality of life issues

GROUP DETAILS:

MINDFUL CHANGE is a 7-session weekly therapy group led by professional counsellors.
Times: 7:00-9:00 pm Wednesdays in DUNCAN.
9:30-11:30 am Saturdays in NANAIMO.

Cost: \$175 for the workshop series

Next Group Begins: April 15, 2017

Location: Nanaimo- Lurline Raposo Counselling
Duncan- Queen Margaret School, 660 Brownsey