



# Acceptance and Commitment Therapy Skills Group

*Lead by Elizabeth Neri, LCSW and Lizzie Booher, LPC*

In this 5 session virtual group you will learn Acceptance and Commitment Therapy (ACT) skills to relate differently to your anxious feelings, low moods, worrying mind, and self-defeating behaviors. The aim of ACT is to limit how these run the way you live, so you can pursue a full and meaningful life.

*Who: individuals ages 18+ with any anxiety disorder*

*When: Wednesdays from 12pm-1pm from September 25th-  
October 23rd (5 weeks)*

*Cost: \$90 per session, for a total of \$450*

*Where: Virtual via Zoom*

