

TACT GROUP Colac



Trauma-Focused Acceptance and Commitment Therapy Course

A 10-week practical program based on **Acceptance and Commitment Therapy (ACT)** underpinned by trauma theory and practice

Participants learn:

- To understand trauma and to manage trauma symptoms through a mixture of learning, group discussions, individual reflection, writing, music, art, nature and movement
- A range of helping skills, grounding, body-centred exercises and mindfulness skills to assist in managing triggers and establishing safety

The **TACT Group** is suitable for female adults (18+) affected by sexual assault and family violence experiencing post-traumatic stress symptoms.

Information Session

Attendance recommended

Date: Wednesday 30 August 2017
Time: 11:00 am to 12:00 pm
Location: Room 4
Colac Community Library and Learning Centre
173 Queen Street, Colac

Group Sessions

Date: Wednesday 20 September 2017
(1st of 10 Groups)
Time: 11:00 am to 2:30 pm
Location: Room 4
Colac Community Library and Learning Centre
173 Queen Street, Colac



To Register

Contact **Reception** or **Colleen**
ph: 5222 4318/admin@barwoncasa.org
or Speak to your **Counsellor Advocate**