



FREE



10AM TO 12PM

2 X TUESDAY'S
18 & 25 AUGUST
2026

2 DAY ANXIETY & DEPRESSION WORKSHOP

This course runs over two days and is Based on Acceptance and Commitment Therapy (ACT).

ACT teaches acceptance and mindfulness skills to increase our acceptance of uncomfortable thoughts and feelings, and focus our energies on actions that will lead to a more satisfying life.

The more you engage in the exercises we will cover in this course the more benefit you will gain from them. Some of these exercises will be very different from how you usually apply to reduce your anxiety, so they will take practice and commitment.

Book now: phone 4125 5788
Enquiries: info@wbwhc.org.au
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Wide Bay Women's Health Centre Inc.