

medicare

**Mental Health Centre**  
Northern Adelaide

# Find a pathway to healing with acceptance and commitment therapy.

**Learn practical tools based on acceptance and commitment therapy (ACT) in a welcoming group.**

Over 6 sessions, join us to explore how to build self-compassion, feel more accepting and gently face things you may be avoiding – all in a safe and supportive space.

## ACT can help to:

- Build resilience through tools like mindfulness.
- Reconnect with the values that matter most to you.
- Create a life guided by meaning and purpose.
- Gently explore memories and emotions.

## When

Tuesdays, 11 am – 1 pm  
28 April – 2 June 2026

## Where

Safe Haven  
9 John Street, Salisbury

## Express your interest

Complete our online form and we'll contact you to see if this is the right fit for you.




 [qrco.de/bfz95P](https://qrco.de/bfz95P)

Select **Group Work** for Q22 and **Acceptance and Commitment Therapy** for Q23

## For more information, contact us

 1800 565 774

 [medicarementalhealth@sonder.net.au](mailto:medicarementalhealth@sonder.net.au)

This service is provided by Sonder and funded by Adelaide PHN, the Australian Government and the Northern Adelaide Local Health Network.



“Our one true home is in the present moment.”