

# Find healing with acceptance and commitment therapy.

## Free group program

### Join us for 6 weeks of support and connection.

Acceptance and commitment therapy (ACT) is an evidence-based approach that helps people to:

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

### Who is this group for?

This group is designed for people who are experiencing mental health challenges and want support in moving forward.

### What to expect

- Safe and supportive environment.
- Practical tools and mindfulness practices.
- Guided exercises to foster acceptance and self-compassion.
- Skills to reduce avoidance and reclaim your life.

### Where

#### Safe Haven

9 John Street, Salisbury

### When

Tuesdays, 11 am – 1 pm

28 April – 2 June 2026

Northern Adelaide Medicare Mental Health Centre 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.”*



To express interest, complete our online referral form (Northern Adelaide Medicare Mental Health Centre).

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

 (08) 8209 0700  [info@sonder.net.au](mailto:info@sonder.net.au)

 **Sonder**  
Better Care Better Health