

WE CAN HELP

AN 8-WEEK ACCEPTANCE
AND COMMITMENT THERAPY
GROUP FOR GRADUATE
STUDENTS

THIS ACTION-ORIENTED
MINDFULNESS GROUP WILL
GUIDE YOU IN EXPLORING
YOUR OWN VALUES,
ENHANCING YOUR PERSONAL
WELLNESS, AND LIVING A
MORE FULFILLED LIFE WHILE
CHANGING YOUR APPROACH
TO HANDLING WORRY, STRESS,
SADNESS, AND OTHER
CHALLENGES

MANY
GRADUATE
STUDENTS
STRUGGLE
WITH STRESS,
WORRY, AND
SADNESS

8 WEEKLY SESSIONS JUNE 15-AUGUST 8TH
TUESDAYS 2:30-4:30PM

If Interested, please call for more information:
University of Memphis Psychological Services Center
(901) 678-2147
Call by June 6th 2021