



# Struggling with Depression and Anxiety?

Looking to find value in your life and take action? Research has shown that Acceptance - Commitment - Therapy (A.C.T.) is an effective way to achieve these therapeutic goals. This is a six week clinical therapy group focused on A.C.T. techniques in an effort to decrease depression, improve awareness, and achieve a better quality of life.

**When:**

Mondays, 2:30 - 4:00 PM  
March 11th - April 15th

**Where:**

The Community Health Centers of Burlington  
617 Riverside Avenue  
Mt. Mansfield Conference Room, 1st Floor

For more information, contact Chuck Brewer, LICSW at 802-264-8435 to sign up. Space is limited.

This is a clinical group for individuals who have experienced depression and/or anxiety. We accept most insurance including V-HAP and Medicaid. If you are uninsured, please check with our Patient Support Services staff to see if you qualify for our Sliding-Fee Scale or how you may benefit from our time-of-service discount. The full-service fee for this group is \$70.



Behavioral Health  
Services



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