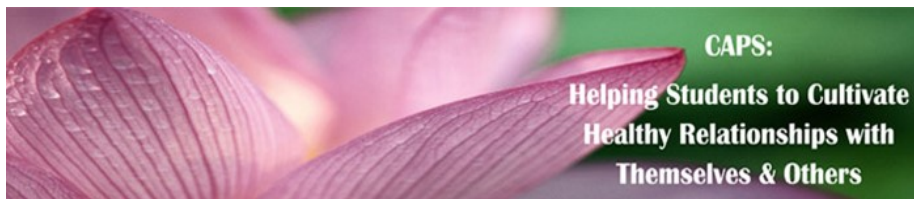




## **ACT for Anxiety and Depression**

HSU CAPS is offering an Acceptance and Commitment Therapy (ACT) Group for enrolled students. ACT for Depression and Anxiety is a weekly group devoted to helping students encounter depression and anxiety differently and pursue a full and meaningful life. Acceptance and Commitment Therapy (ACT) is a form of therapy that helps you *relate differently* to your anxious feelings, depressed moods, worrying mind, and self-defeating behaviors. Group time for Fall 2017 is Mondays 3-4:30pm.



## ***A Skills-Based Group to Help Students Struggling with Anxiety and Depression***

**This group will require a pre-group screening. For more information about this group or to schedule your pre-group interview, please contact Shannen Vong, Ph.D. at (707) 826-3236.**

HSU Counseling and Psychological Services (CAPS)

1 Harpst Street, Room 205  
Arcata, CA 95521

Please check out our CAPS Website for more information!