ACT on LIFE

Happiness and Pain are Connected.

ACT on LIFE is a weekly drop-in forum that involves experiential exercises to move you towards ACCEPTANCE, OPENNESS, and FLEXIBLE THINKING. You will be provided tools and strategies to accept what is out of your control, and commit to actions that are in line with your values. The goal is not to take away painful experiences, but to find beauty with the ups and downs of life.

This forum is open to ALL STUDENTS, and can be particularly useful for individuals experiencing anxiety and depression.

Spring Quarter 2017: Week 2-10
Mondays
Time: 3:00-4:00 pm (1 hour)
Location: Pepper Canyon Hall, Rm 223

For more information, please contact:
Dianna Quach, Ph.D.
(858) 534-7710
caps.ucsd.edu/groups

This meeting is not professional counseling. If you would like professional counseling or mental health treatment please call the CAPS central office at 858 534 3755 to arrange an appointment.