

ACT *through* **ADSEP**

Get out of your head and into your life.

1st Wednesday of Every Month • 2:30-4 p.m.



We know that ADSEP can be filled with stress and uncertainty. ACT through ADSEP will provide you with skills and strategies to better manage life's uncertainties today and beyond through:

- Reconnecting with what matters to you
- Developing a greater sense of purpose
- Acquiring the skills to better manage your thoughts and feelings

Please plan to attend the monthly class.