



ACCEPTANCE & COMMITMENT THERAPY (ACT) SKILLS GROUP

AN 8 WEEK GROUP

Facilitators:

Monirée Varahramyan, QMHP

Monirée is a mental health therapist who has a Masters in Couples & Family Therapy from University of Oregon. She is excited to be co-facilitating this ACT group and has experienced the usefulness of ACT skills both professionally and personally.

Teresa Conner, CSWA

Teresa is a Social Worker for the WISH Program who has a Masters in Social Work from Hunter College in New York City. Teresa appreciates the components of mindfulness and acceptance that ACT embodies and is excited to co-facilitate ACT group for those living with chronic pain.

Fee:

This Mental Health Group can be billed to Ryan White, OHP plans, or insurance. Self-pay options are available.

To Register:

Call us (503-238-5203) or ask

October 17th– December 5th

Wednesdays from 2:00 - 3:00 PM

Location: Quest West Group Room

Acceptance and Commitment Therapy (ACT) helps you accept what is out of your personal control and commit to action that improves your life. The goal of ACT is to increase your potential for a full and meaningful life through 1) teaching psychological skills to assist you with coping with painful thoughts and feelings and 2) helping you to discover what is important to you (your values) and then use that knowledge to guide and inspire you.

This group is a good fit if you would like to learn more about your own values and life direction, if you struggle with your own concept of what is meaningful and important to you, if you are in the middle of a life change, or if you are struggling to set treatment goals.

All W.I.S.H. clients are welcome. Mental Health clients will need to reach out to their clinician for a referral. To become an MH client, please call our intake team at 503-238-5203

BE WELL - BE YOU

QUEST 
CENTER
FOR INTEGRATIVE HEALTH

Quest Staff at the Front Desk for assistance.