



# ACT (ACCEPTANCE & COMMITMENT THERAPY) VIRTUAL SUPPORT GROUP 2022

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**2<sup>ND</sup> TUESDAY OF THE MONTH -7:00 – 9:00 P.M.**

- FEBRUARY 15
- MARCH 8
- APRIL 12
- MAY 10
- JUNE 14
- JULY 12
- AUGUST 9
- SEPTEMBER 13
- OCTOBER 11
- NOVEMBER 8
- DECEMBER 13

**FOR FURTHER INFORMATION, PLEASE CONTACT :**  
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