



ACT (ACCEPTANCE &
COMMITMENT THERAPY)
SUPPORT GROUP

DATE: 2ND TUESDAY OF THE MONTH

TIME: 7:00 – 8:30 P.M.

EXTEND-A-FAMILY HEAD OFFICE
STE. 200 – 3300 YONGE STREET, TORONTO

Jan. 14, 2020

Feb. 11

March 10

April 14

May 12

June 9

July 14

August 11

Sept. 8

Oct. 13

Nov. 10

Dec. 8

FOR MORE INFORMATION CONTACT: LEE.STEEL@EXTENDAFAMILY.CA