



Echuca Regional Health

Living with Meaning

An ACT Group Program for People Living with Cancer

A 5-week Acceptance & Commitment Therapy group designed to help people living with cancer navigate difficult thoughts and feelings, reconnect with what matters most, and build a meaningful life – even in the face of uncertainty.

Program Details

Commencing: 28th July 2025

Duration: 5 weeks

Day: Every Tuesday

Time: 10:30 AM

Venue: Cancer & Wellness Centre

Facilitated by: Fiona Clark- Social Worker
Rachel Byrne - Provisional Psychologist

Format: Small closed group

What You Will Explore

- Making space for difficult emotions
- Unhooking from unhelpful thoughts
- Clarifying what matters most to you
- Taking meaningful action in daily life
- Mindfulness & present moment awareness

For registration, contact Cancer & Wellness Centre Coordinator
Michelle McIntosh on 5445 2426