

NOW ENROLLING!

JANUARY 2025 - MARCH 2025

Acceptance and Commitment (ACT)
Skills Class for Stress

with Dr. Jeanne Jakob, PhD, ABPP

This group provides the **fundamentals** of *Acceptance and Commitment Therapy*, with a particular emphasis on its application to general **stress, worry, and anxiety**. The group is predominantly **skills-based** and will emphasize Jeanne's teaching.

For Jeanne's bio: ➡ <https://www.drjeannejakob.com/about/>

To learn more and register:
<https://drjeannejakob.com/psychotherapy/group/>

January 2025-March 2025

Day: TBD

Time: TBD

Where: Zoom

Group format: Eight (8) 90-minute sessions. 18+, California residents only

Cost: Covered by LYRA HEALTH; Self-Pay (\$125/session (paid in 1 or 2 installments); Sliding Fee available

