



ACT Skills Group for Caregivers

Wednesdays, 12:00-1:15pm on Zoom

Start Date: April 1, 2026 | 12-week curriculum

➔ About the Group:

This group focuses on supporting caregivers of youth and young adults who are struggling with identifying, understanding, and managing their difficult thoughts and emotions. The curriculum draws from evidence-based **Acceptance and Commitment Therapy (ACT)**, behavior therapy, and the latest research on emotions and behaviors. You will learn and practice skills, and discuss with other parents and caregivers. Eventually you will be able to flexibly apply the three types of skills depending on what is most effective in any given situation.

➔ What You'll Learn:

- **PRESENT skills** help us notice and understand what is actually happening in any given moment, strengthen and sustain our focus on what matters, and stay connected to the "big picture" in life.
- **OPEN skills** help us work with thoughts and feelings in a way that enables us to notice them, decide whether or not we want to "listen" to them, and then get ready for action.
- **ENGAGED skills** help us step up and do what matters to us, even if it's hard, or difficult, or scary. These skills include learning effective tools to manage your child's behavior and how to reconnect with the caregiver you most want to be.

➔ Group Format

Each group session will include the following components:



Instruction



Discussion



Skills
Review



Q & A

➔ Group Leaders



Meg Poterba, LICSW



Jenna Macri, MA

➔ Fees & Policies

Fee: \$135 per group session, per family
(sliding scale available)

Group members must be able to attend a minimum of 10 out of 12 group sessions to enroll.