



Prevention & Medical Care
To Help You Live Better, Longer.

Open Access Behavioral Health Group: Act For Health

Provider	John J. Novo, M.Ed., LMFT, CADCI, LADC
Who	<u>Not diagnosis specific</u> , adult Valley Medical Group struggling with depression, anxiety, loss, trauma, chronic health conditions, stage of life adjustments, etc.
When	Thursdays beginning July 25, 2024 (no group August 1, 2024)
Time	5pm – 6pm
Where	Zoom Group Meeting
Questions?	Call John Novo, LMFT, CADCI, LADC I at: (413) 282-3862. Leave a message and best times to call.

Referral process options:

Patients can register for the group through their Primary Care Provider, Behavioral Health Provider or by calling John’s voicemail at (413) 282-3862. A Zoom link will be sent by email after registration. No pre-group screening interview with the facilitator is necessary. Co-payments will be charged if required by your insurance.

About the Group:

The group is appropriate for anyone who is able to function in a group setting and it is **not diagnosis specific**. The group is active and goes beyond exploring symptoms to making changes in thinking and behavior that help participants live flexibly according to personal values, in other words, to struggle less with “symptoms” and live more meaningfully.

We will explore how we all get stuck in ineffective patterns of thought and behavior, how to act mindfully and recognize what we can and cannot control, how to identify what matters and ways to set goals for acting on what matters. How to act on values, not struggle with symptoms.

The skills learned are relevant to anxiety, depression, substance use, trauma, loss, relationship issues, adjustment to illness and the other psychological and behavioral problems of life.