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Reach Life
Group
Program

All our groups are led
by qualified clinicians.
Medicare rebates
(MHCP) apply. NDIS
participants welcome!



DBT with Vicky Freeman

Wednesdays
28th Jan - 25th Mar
1pm - 3pm

Saturday DBT Group
with Alison James

Saturdays
24th Jan - 14th Mar
9.30am - 11:30am



ACT with Shane Pasco and
Nadia Da Silva

Fridays
6th Feb - 27th Mar
9.30am - 11.30am

\$180: per 2-hour session

Includes complimentary 1:1 screening and discharge sessions.
All groups are closed; program fees apply for the full 8-week duration.

Ph: (08) 9301 5659 • admin@reachlife.com.au • reachlife.com.au

104/6 Walsh Loop - Joondalup