

# 2026

# 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 – 25<sup>th</sup> Mar  
1pm – 3pm

Saturday DBT Group  
with Alison James

Saturdays  
24th Jan – 14<sup>th</sup> Mar  
9.30am – 11:30am



ACT with Shane Pasco and  
Nadia Da Silva

Fridays  
6th Feb – 27<sup>th</sup> 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](mailto:admin@reachlife.com.au) • [reachlife.com.au](http://reachlife.com.au)

104/6 Walsh Loop - Joondalup