



# BRIDGING THE GAP

A SUMMER RESOURCE FOR EDUCATORS AND THEIR FAMILIES

*Individual, short-term, skill based therapy offered during the summer months.*



## What it is

- Based in Acceptance and Commitment Therapy
- 8 sessions of individual therapy that occur weekly
- Refocus on what matters most in life to you
- Develop skills to help manage stress and the uncertainties of life
- Learn ways to connect with yourself and those around you



Interested in Learning More?



SCAN HERE



# BRIDGING THE GAP

**A SUMMER RESET FOR EDUCATORS AND THEIR FAMILIES**

*Individual, short-term therapy offered during summer.*

## What it is

Acceptance and Commitment Therapy helps people live a rich, meaningful life, while tolerating the uncertainties it can bring. Goals of therapy include identifying values, learning about defusion and unhooking from unhelpful thoughts, while also practicing mindfulness skills.



**Interested in Learning More?**



**Scan Here**

# WE SEE YOU!

At Allegheny Health Network we see you. AHN Chill Project is proud to offer a skill-based summer therapeutic program for educators and their families.

# BRIDGING THE GAP



INTERESTED IN  
LEARNING MORE?



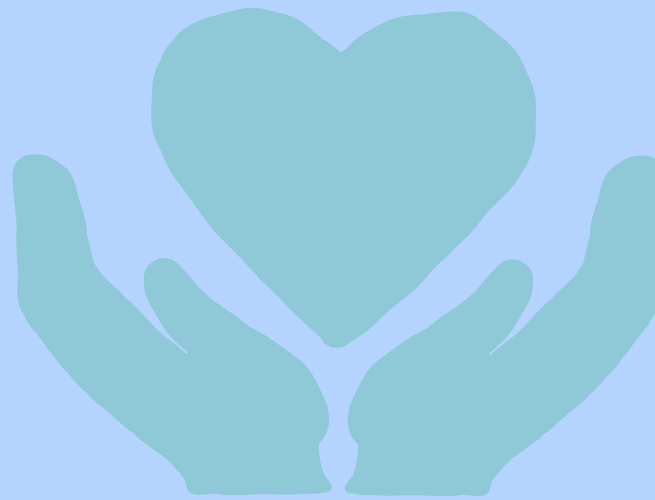


## INSURANCE

Therapy sessions are billed through your insurance provider.

## WHAT IS ACCEPTANCE AND COMMITMENT THERAPY (ACT)?

ACT is all about taking action guided by your own personal values. Each session will focus on values identified, goals created, skill introduction, and self-reflection.



# A SKILL-BASED THERAPEUTIC PROGRAM BASED ON ACCEPTANCE AND COMMITMENT THERAPY

## 08

The number of individual therapy sessions that occur on a weekly basis. Sessions occur at times that are convenient for you! Choose from in person or virtual sessions depending on preference.

## 55

The length of time in minutes of each therapy session.

## 10

The number of therapeutic skills introduced during sessions that can help you refocus on what matters most in your life.

