



Trauma-focused Acceptance and Commitment Therapy for Youth (TACT-Y) Program

A practical, group program for young people (14-17 years) who have experienced sexual assault and/or family violence.

The Trauma-focused Acceptance and Commitment Therapy for Youth (TACT-Y) Program aims to increase young people's understanding of the impacts of trauma, while developing practical ways of managing difficult thoughts, feelings and experiences.

Young people will participate in a combination of individual and group-based learning and discussions, as well as activities using music, writing, art, media and movement.

More information

Please contact **Hannah or Kat**, The Sexual Assault and Family Violence Centre on 03 5222 4318 or visit www.safvcentre.org.au

2024 program

Young people interested in participating in the upcoming group are encouraged to contact The SAFV Centre to arrange a pre-group meet and greet. These will be scheduled in March-April 2024.

Information session

Attendance at our forthcoming information session is recommended. This session is also open for professionals working with young people who want a deeper understanding of the program aims and referral pathway.

When: Monday 18 March, 4pm-5pm

Where: The Sexual Assault and Family Violence Centre, 59-63 Spring Street Geelong West

Group dates

When: Mondays, starting 22 April 2024

Time: 4pm-6pm

Where: The Sexual Assault and Family Violence Centre, 59-63 Spring Street Geelong West



Trauma-focused Acceptance and Commitment Therapy for Youth (TACT-Y) Program is proudly funded by the Victorian State Government.

The
**Sexual Assault
& Family Violence
Centre**