

 EN

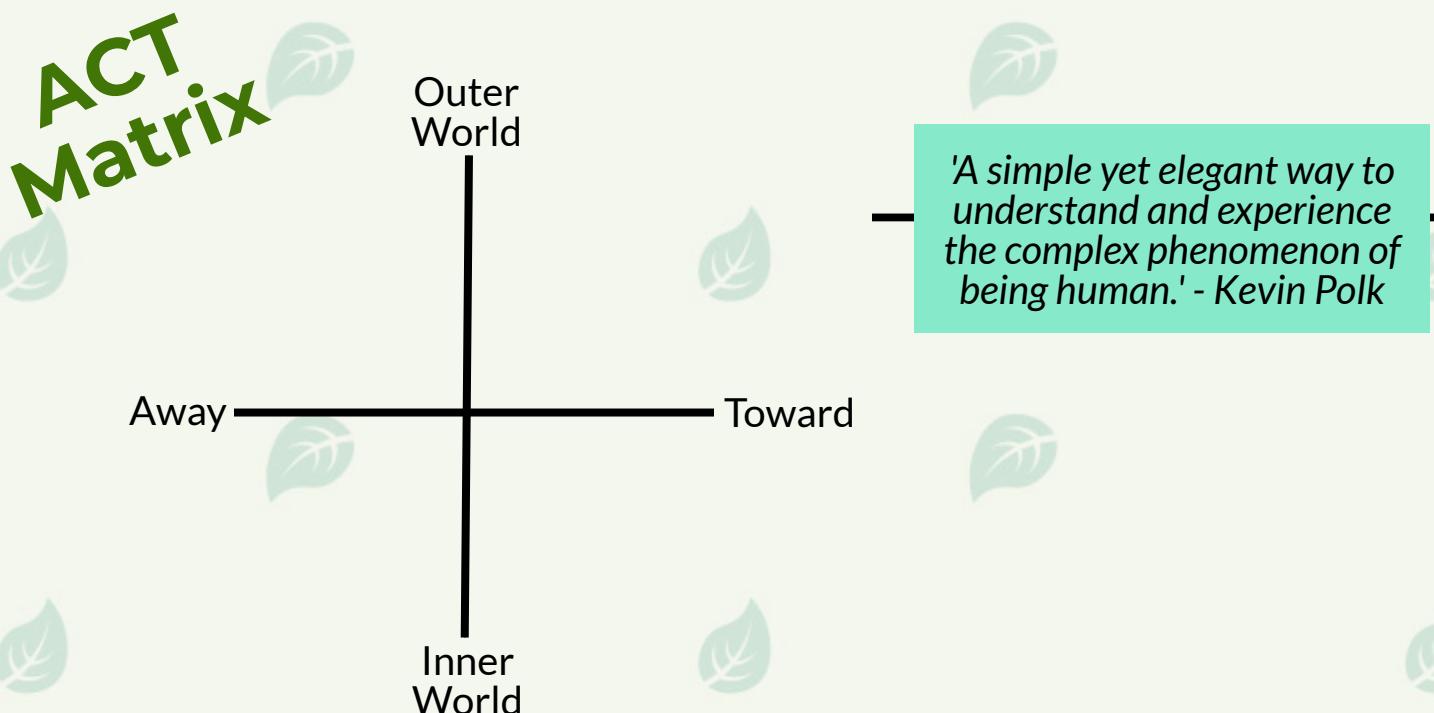
FR



ACT Matrix and Covid-19

Presented by Karen Robert and Myriam Chebat

Join our mental health team to discuss what it means to do what matters in the midst of a global pandemic



ACT Matrix

The diagram shows a 2x2 matrix with the following labels: Outer World (top), Inner World (bottom), Away (left), and Toward (right). The matrix is surrounded by green leaves.

'A simple yet elegant way to understand and experience the complex phenomenon of being human.' - Kevin Polk

April 9 @ 10am
English session
REGISTER 

April 9 @ 1pm
French session
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