

West Moreton Health

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Wise Choices

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About the program

The Wise Choices program will give you the skills to form healthy, meaningful relationships with yourself and others based on the things *you* value.

This program, based on Acceptance and Commitment Therapy, has been modified for people who struggle to manage their emotions.

The Wise Choices program is delivered in a group setting, meeting once per week over 10 weeks.

Contact us

Wise Choices groups are held at:

Ipswich Health Plaza
21 Bell Street
Ipswich

Paid parking is available in the same building.

Ask your treating team about getting a referral, and for group days and times.

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