



Trauma Acceptance Commitment Therapy Program

An 8-week practical, group program for women (aged 18 plus) who have been impacted by sexual assault and family violence, and who are experiencing post-traumatic stress symptoms.

Participants learn:

- Skills to assist with identifying and understanding the symptoms of trauma from sexual assault and family violence.
- Practical techniques to assist with managing the symptoms and triggers of trauma, gained through individual and group-based learning and discussion, as well as skills such as writing, music, art, and the use of nature and movement.

The Trauma Acceptance and Commitment Therapy (TACT) Program is based on Acceptance and Commitment Therapy and is underpinned by research and evidence on trauma. The TACT Program is a joint initiative of The Sexual Assault and Family Violence Centre and Colac Area Health, with group sessions held in both regions.

More information

Please contact Tracey in the TACT Program team at Colac Area Health on 03 5232 5100 or 0499 323 782.

Colac Program

Attendees are encouraged to attend a pre-program information session which will outline the program and provide an overview of the activities for each week.

Information session

When: 1pm, Tuesday 9 September

Where: Colac Area Health, 2-28 Connor St, Colac

2025 Group sessions

When: Tuesday 7 October 2025
(the first of 8 sessions)

Where: Colac Area Health, location TBC

