

UNCG



Psychology Clinic

Feeling Stressed?

Learn about Stress Reduction Techniques at our Destress Lunch

The UNCG Psychology Clinic presents a free class that will focus on ways to reduce your stress from work, family, finances, etc. We will cover:

- stress coping skills
- relaxation skills, and
- prioritizing to reduce stress

The class will be interactive; it will involve audience participation and practice of the skills.

Time & Date: Friday, Sept 11th, 12:30-2

Cost: Free

Location: UNCG Psychology Clinic
1100 West Market Street, 3rd Floor

Questions? Contact: UNCG Psychology Clinic
336-334-5662

Please RSVP if you would like lunch. Drop-ins welcome.

The UNCG Psychology Clinic is a non-profit, outpatient facility housed on the UNCG campus within the Psychology Department. It has provided mental health services to the residents of the Greater Greensboro/Triad community for over 25 years.