

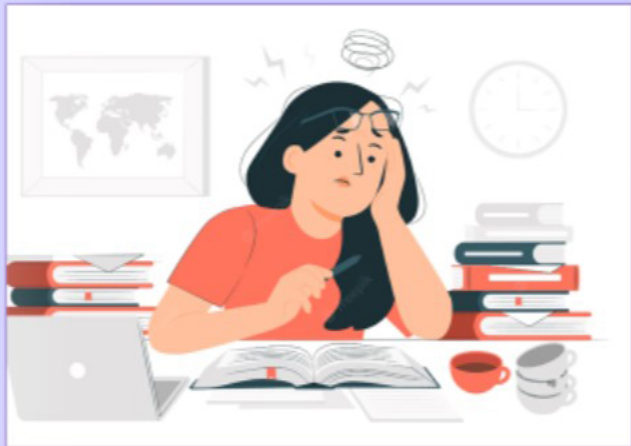
Stress Less! (What to do when life's a mess!)

A DBT Skills Group

Spring 2023 on Thursdays, 4:00 - 5:30

WCU Counseling and Psychological Services; Lawrence Center, 2nd Floor

Stress Less is a skills-based group designed to help students learn effective ways to manage emotions and counterproductive behaviors. This group will help address the needs of college students through experiential activities and discussion. The group is interactive and encourages participants to practice what they learn outside the group. The goal is to better manage life with competence and confidence in the areas of relationships, stress, emotion management, and the struggles of everyday life.



FOR MORE INFORMATION CONTACT THE COUNSELING CENTER 610-436-2301 or visit www.wcupa/counselingcenter