Does your teen struggle with: sadness, irritability, isolation?

Group therapy can help!

Guided by therapists, the group will use evidence-based methods to:

1. Help teens learn emotion regulation and relaxation skills
2. Increase pleasant activities and change negative thoughts
3. Connect teens and reduce isolation in a group setting

How long: 1.5 hours/week for 6 weeks
Where: UNCG Psychology Clinic (1100 West Market St.)
Eligibility: 13 to 17 years of age
How to sign-up?: Call 336-334-3458 or email pppatel2@psyclinic.uncg.edu for a screener

STARTING FIRST WEEK OF NOVEMBER
Specific day and time will be determined based on client preferences

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 40 years.