**Psychology Clinic**

UNCG’s Psychology Clinic will be offering a **10-week affirmative CBT skills training and processing group for adults**. Participants will learn about the impact of minority stress, how to better manage emotions, and increase social support. Group members will also have opportunity to process their own experiences and support each other.

Sessions will cover the following topics:
- Learning about the impact of minority stress
- Reworking negative thoughts caused by minority stress
- Provide an open dialogue about issues related to the LGBTQIA community
- Empower and validate LGBTQIA members
- Learn skills to communicate openly and assertively

**Time & Date:** Wednesday evenings from 6:00 pm–7:30 pm, Starting October 18th

**Cost:** $25 per session, 10 sessions (*Financial Assistance Available*)

**Location:** UNCG Psychology Clinic
1100 West Market St.
3rd Floor

**Contact:** Blake Herd at (336) 256-0061 ext. 2

**Website:** psy.uncg.edu/clinic/

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.