

# **STRESS-LESS WHAT TO DO WHEN LIFE IS A MESS DBT SKILLS GROUP**



**Thursdays from 4:00 PM- 5:00 PM**

**Meeting in Person**

**WCU Counseling and Psychological Service**

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 practice what they learn outside the group. The goal is to better manage life as a young adult with competence and confidence in the areas of relationship, stress, emotion management, and the struggles of everyday live.

**FOR MORE INFORMATION CONTACT: THE COUNSELING CENTER 610-436-2301**