Coping Tools for Teens
A 6-week skills training class to help teens cope with stress and difficult emotions

Want to cope with stress and better manage problems? Skills to be taught include:
• Tolerating and handling frustration, anxiety and stress
• Relaxation and other positive coping skills
• Changing how you think about stressful situations
• Recognizing and managing difficult emotions

WHEN: Tuesdays 4:30 – 6:00 p.m., starting September 12, 2017

WHO: Teens ages 14-17

WHERE: The Harris Center - University of Kentucky
644 Maxwelton Court, Lexington, KY 40508

COST: $99 (scholarships available)

CALL NOW TO RESERVE YOUR SPOT—SPACE IS LIMITED!
(859) 257-6853 or email: HarrisPSC@gmail.com

The Harris Center
Jesse G. Harris, Jr. Psychological Services Center
University of Kentucky Department of Psychology

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