



Healthy Relationships for Teens

A 6-week skills training class to help teens improve and maintain healthy relationships

Want to improve your social skills and better manage your relationships?

Skills to be taught include:

- Creating healthy relationships and setting healthy boundaries
- Getting your needs met in relationships
- Conflict resolution and respecting yourself and others
- Expressing your feelings to others

WHEN: Tuesdays 4:30 – 6:00 p.m., January 30 – March 6, 2018

WHO: High School Teens

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

COST: \$90 (Reduced fee available – based on income or need)

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

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psychology.as.uky.edu/psychological-services-center