



# Clinical Stress Reduction and Coping Skills Group

Join us to increase your understanding of how to manage and live with stress.

- Discuss the background of how stress develops and the evidence that shows the effectiveness of stress reduction programs.
- Practice hands-on tools and techniques for reducing stress.
- Have opportunities to practice stress reduction in group exercises and focused sharing of real life situations.

For more information and to sign up, please call Doug Bugbee LICSW, LADC, group facilitator at CHCB, to schedule an individual meeting at (802) 264-8174.

**When:** Wednesdays 12:45-2:00pm, beginning May 23rd

**Where:** South End Health Center, 789 Pine Street, Burlington

This is a clinical group for patients of the Community Health Centers of Burlington. We accept and bill most insurances including Medicaid. We also offer a Sliding-Fee Scale for those without insurance. The charge per session is \$73.



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[www.chcb.org](http://www.chcb.org)