

STRONG MINDS

Do you feel stressed, worried, or sad? Learn to be kind to your mind through the Strong Minds program!



UNC
GREENSBORO

Eligible Adults 18+ will:

- ✿ Receive 10 FREE one-on-one sessions in a safe, confidential space
- ✿ Learn simple tools to improve your well-being
- ✿ Get connected to local resources

Contact us:

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336-207-0869

For information and testimonies:

