

The Clinic is a College of Education counseling services center, operating on The University of Akron campus. Since 1986, the Clinic has provided counseling services to Greater Akron and its surrounding communities. *Payment for services is based on a sliding fee schedule calculated by an individual's income. No client will be denied service because of an inability to pay fees.*

Counseling services offered include:

- Communication and relationship improvement
- Pre-marital and couples counseling
- Family development and parenting skills
- Career exploration//planning
- Academic improvement for children/adolescents
- Resolution of grief/loss
- Anger Management
- Stress reduction and relaxation
- LGBT and lifestyle empowerment and advocacy
- Self-esteem and self-confidence building
- Personal understanding and growth



The Clinic is also currently offering group counseling in the areas of:

- **Stress/Anger Management for adults (Conquer your stress/anger before it conquers you!):** Most of us learn how to express anger from our families and life experiences. For those who want to deal with anger in a different way, the Clinic is offering two separate anger management groups. Each is designed to help adults find more constructive ways to deal with anger. Group participants will learn skills and strategies to better express and respond to feelings of anger.
- **Successful Adjustment to Separation or Divorce Support Group:** This group is designed to assist individuals going through a divorce or separation to successfully adjust and adapt to changes in their lives. Participants will have the opportunity to identify feelings and stressors related to divorce or separation, learn strategies and skills for coping, and work to increase positive support and adjustment.

For more information about any of the services offered or to schedule an appointment please call or visit the clinic website.

Phone: 330-972-6822

Web: <http://www.uakron.edu/clinics/ifc/>