



Struggling to cope with the pressures of being a young adult?

8 Week Program for Ages 18 – 24 (or high school graduated)

Tuesdays 7:00 – 8:30 pm **New Group Starts August 27th**

Today's young adults have to face a lot of giants. Without the right tools, these issues can seem overwhelming and make it difficult transitioning into adulthood.

Objective: For struggling young adults to be seen and heard within a supportive peer community while being encouraged by professionals who are passionate about educating and equipping young adults with useful strategies and tools, **not just to survive, but thrive in their world.**

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| <ul style="list-style-type: none">• Family Relationships• Social Pressure/Social Media• Self Esteem/Body Image/Sexuality• Stress, Anxiety and Coping | <ul style="list-style-type: none">• Mood, Sadness and Overwhelm• Drugs and Alcohol• Healthy Relationships• Life Skills, Employment and Finances |
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Arrowhead
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or visit www.arrowheadfamilysystems.com
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