



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

8 Week Program for Ages 18 - 24

Tuesdays 7:00 – 8:30 pm **New Group Starts May 21**

---

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.**

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



Arrowhead  
Family  
Systems, LLC

Group facilitated by  
Desiree Robbins  
Marriage and Family Therapist

Please email  
[info@arrowheadfamilysystems.com](mailto:info@arrowheadfamilysystems.com)

or visit [www.arrowheadfamilysystems.com](http://www.arrowheadfamilysystems.com)  
for registration and fees.