

YOUNG ADULT GROUP



EXPERIENCING LONELINESS OR A FEELING OF ISOLATION DURING THESE TIMES?

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.

8 WEEK PROGRAM FOR AGES 18-25 (OR HIGH SCHOOL GRADUATED)

MONDAYS 6:00-7:30 PM
VIRTUAL OPTION
AVAILABLE

For details contact:

info@arrowheadfamilysystems.com

- FAMILY RELATIONSHIPS
- SOCIAL PRESSURE/SOCIAL MEDIA
- SELF ESTEEM/BODY IMAGE/SEXUALITY
- STRESS, ANXIETY AND COPING
- MOOD, SADNESS AND OVERWHELM
- DRUGS AND ALCOHOL
- HEALTHY RELATIONSHIPS
- LIFE SKILLS, EMPLOYMENT AND FINANCES