

Adjusting to Young Adulthood



**Young adults ages 18–25
are invited to join this
support group.**

In this group you will:

- Get support adjusting to adult life. Group topics will include finding employment, school, relationships, and other age-appropriate stressors.
- Focus on improving self-worth, goal-oriented behaviors, social skills, and sense of direction.
- Learn about how thought patterns, mood and behaviors are impacted by mental health and how to address this.

Thursdays at 3:00 pm

Adult Psychiatric Clinic
400 Columbus Ave, New Haven

Group facilitated by
Kimberly Youschak 203-503-3144
and Hillary Dunn 203-503-3547



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