



Join us as we figure out how to cope in place.

APART, TOGETHER.

PROCESS GROUP FOR YOUNG ADULTS (18-25)



Gain support and increase connection with peers.
Learn skills to cope with current stressors and experiences.
Led by Christine Pearston, PsyD and Anna Parnes, PhD.

TUESDAYS, 11:00 AM - 12:00 PM

The group is ideal for young adults who:

- want to connect with peers for support
- are adjusting to current stressors
- have mild mental health symptoms



\$280 for four weeks; financial assistance available.
To register or learn more, email careteam@chconline.org.