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.