

virtual
support
group

FLYING THE COOP

Ready to
graduate
and start
college?

We've got
you!



Sentier
psychotherapy

www.sentiertherapy.com

wednesdays
5-6:30pm
summer
2020

This support group is for young adults starting college in Fall 2020. Learn about how to prepare for the transition with peers going through the same changes, becoming independent, leaving home, and adjusting to campus life.

Support is especially important this year due to the COVID-19 pandemic.

For more information, contact Ashley at agroshek@sentiertherapy.com