

Transition Year for Parents

a monthly meet
up for parents of
students
heading off to
college

WHEN YOUR YOUNG ADULT CHILD
LEAVES THE NEST, IT CAN BE
COMPLICATED TO SUPPORT THEM
THROUGH IT WHILE ADJUSTING TO
MANY CHANGES YOURSELF.
THIS GROUP IS FOR YOU!



support group facilitated by a psychotherapist experienced in higher education

Sentier Psychotherapy | Highland Park, St. Paul

www.sentiertherapy.com | email admin1@sentiertherapy.com to inquire