

THRIVE

and



Coping in Uncertain Times: A Virtual Support Group for Young Adults

Thrive Counseling and Garrett's Space are partnering to offer a weekly peer support group for adults ages 18-28 years old. The group's focus is to encourage connection and promote healthy coping during these uncertain times. Co-facilitated by two licensed mental health professionals, this virtual group is designed to provide a safe and supportive environment to share and connect.

Group size is limited to 12 participants.

Please understand this is a peer support (not treatment) group. Individual counseling services are available through Thrive.

***Time: Tuesdays 8/18, 8/25, 9/1 & 9/8.
5:30-6:45pm. Please attend all 4 sessions.***

Place: Your computer or other device which has internet connection

To register, call 734-436-4249.

A brief phone screening is required to enroll.

734-436-4249
thrivecounselinga2.com

