



## Young Adult/College Support Group

*Young adulthood can be full of excitement and opportunity, though sometimes it can come with stress, anxiety, and other obstacles. This group for young adults (ages 18-25), will offer support from peers and trained therapists to help overcome difficulties these individuals face.*

### Topics that will be covered include:

- Exploring identity, values and beliefs
- Developing a health sense of independence
- Learning new life skills
- Sexuality, dating and relationships
- Personal fulfillment
- Individual vs. Familial expectations

### Group Details:

Wednesdays: 11:00am to 12:00pm

**Engage:** 650 Hampshire Rd, Suite 104 Westlake Village, CA.

*Group facilitators will be Cassie Padilla, MFTI and Gurpreet Sahan, LMFT.*

For more information on the group please contact Cassie at [cassie@engagetherapy.com](mailto:cassie@engagetherapy.com)

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