

Group Therapy

Managing Freshmen Year

What to Expect

Your freshman year of college is a big deal! Greater independence, time away from home, making new friends, and navigating your time can be both exciting and challenging. This group can help you connect with other freshmen and help you organize your goals while processing feeling

The Deets

When: Tuesday 4:30-5:30pm

Ages: 17-22

Who: Anyone in need of emotional support transitioning to college

Structure: Weekly 1 hour group sessions meeting for 6 weeks

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LPC

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Questions?

Want to join?
Email us!

Payment Options

Self-pay Only
\$50.00 per session



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