Find your PLACE

PLACE IS A PROCESS GROUP FOR EMERGING ADULTS (AGES 18-24) WHO ARE NAVIGATING LIFE'S TRANSITIONS.

P Personal Growth - explore your values, identity, and goals while learning more about who you are and who you want to become.

L Life Transitions - navigate the challenges of school, work, independence, and other major life transitions.

A Authentic Relationships - build meaningful connections, improve communication, and practice trust and vulnerability in a safe space.

C Confidence - strengthen self-esteem, learn to advocate for yourself, and feel more capable in handling life's challenges.

E Emotional Expression - develop healthy ways to understand, manage, and express your feelings.

CONTACT US FOR MORE INFORMATION:
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Youth Services