



## Young Adult Mental Health Support Group

*This group will provide you with the opportunity to explore the challenges of young adulthood while in the company of peers.*

We will cover things from the transition in responsibilities and pressures that come with being a young adult, to the intersection of young adulthood and mental health, as well as everything in between.

**The only thing you need to bring is yourself!**

**Need more info?**

**Text or Call**

**805-305-3721**

**Join Zoom Meeting**

**Thursdays 3pm**

**Meeting ID: 899 1585 9797**

**Passcode: 843887**



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