

College Transitions...

Growing up and Moving Out.... YIKES!

Getting ready for college can be exciting and incredibly scary!!
This 6 week/6 session workshop is to help young adults prepare for college and "growing up".

Each week/session will cover a different topic.

Weekly "challenges" will also be given

6 sessions - FEE: \$120 (insurance does not cover this)

Facilitator: Sherri Snyder-Roche, MA, LMHC

Cafeteria Anxiety
What if I get Lost?
What's an RA?
Dorm Room Shopping
Buying Books
What if I oversleep?
What if I can't sleep?
And more....
Bring your own questions!

Mark your calendars

DATES of the Workshop:

Wednesdays 5-6:30 pm

June 14

June 28

July 12

July 26

August 9

August 16

LOCATION:

Integrated Psychotherapy

31 Hastings Street

Mendon, MA 01756

PH: 508-473-1200 (X1)

Register online:

www.IntegratedPsychotherapy.com

on the "Groups" page