

NEW EDUCATIONAL AND THERAPEUTIC GROUP

GET READY FOR COLLEGE!

As you get ready to finish high school, you may want to excel at:

- Being independent and productive
- Dating and relationships
- Balancing fun and responsibilities
- Asking for help, finding mentors
- The specifics - from finances to roommates
- Handling issues around substance use

**THIS GROUP IS DESIGNED TO EMPOWER YOU WITH NEW SKILLS
TO THRIVE IN COLLEGE AND BEYOND**

WHO WE ARE

Lindsay Hall, MSW has several years of experience helping young people improve their lives. She does this by identifying barriers to taking chances, working hard, and believing in yourself. She walks the path with you until you're more confident with these skills.



DETAILS

The group takes place at 575 E. Big Beaver Rd., Suite 210, the home office of Wellness Psychotherapy in Troy, MI. One evening per week for 10 weeks.

CALL/EMAIL TO RESERVE YOUR SPOT TODAY!

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