

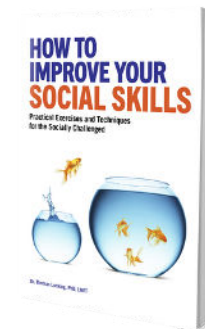
LIFE MOMENTUM GROUP

Young Adults Building Momentum in Life

Are you a young adult who is struggling with:

- Finding meaning and purpose
- Addiction: digital, sex and substances
- Social anxiety
- Stress and pressure from family and others
- A relentless inner critic
- Depression, anxiety, ADHD, or Autism
- Self-esteem and identity questions
- Difficulty getting motivated and living a healthy life
- Job burnout or finding a satisfying career

Practicing social skills is a benefit of group therapy. We use Dr. Lucking's book as a valuable resource.



If so, discover the power of group therapy and social healing. You will realize you are not alone and gain valuable insights into how others have dealt with the same challenges you are battling. We will grow and learn together and leverage the power of a safe space, facilitated by an expert in the field, that inspires and educates us on how to transform our old pain into new life.

When: Thursdays @ 6pm, length 60 to 90 mins.

Where: Online video and /or in-person. Location dependent on group preferences and county health guidelines

Type: 6 sessions - \$75 per session

Cost: Sliding scale fee. Health insurance statements provided for reimbursement

Sign Up: Contact Stephanie Salas Gonzales, AMFT. Email: ssalas@therapyinmotion.care

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Building Lives that Flourish & Relationships that Thrive